

## LONDON ZEN CENTRE 3-DAY SESSHIN SCHEDULE

5:00	wake-up bell	5:00	wake-up bell	5:00	wake-up bell
5:30	zazen	5:30	zazen	5:30	zazen
6:05	kinhin	6:05	kinhin	6:05	kinhin
6:15	zazen	6:15	zazen	6:15	zazen
6:50	kinhin	6:50	kinhin	6:50	kinhin
7:00	breakfast	7:00	breakfast	7:00	breakfast
8:20	zazen	8:20	zazen	8:20	zazen
8:50	kinhin	8:50	kinhin	8:50	kinhin
9:05	Dharma talk	9:05	Dharma talk	9:05	Dharma talk
10:05	kinhin	10:05	kinhin	10:05	kinhin
10:20	zazen	10:20	zazen	10:20	zazen
10:55	kinhin	10:55	kinhin	10:55	kinhin
11:05	zazen	11:05	zazen	11:05	zazen
11:40	kinhin	11:40	kinhin	11:40	kinhin
11:50	<i>Heart Sutra</i>	11:50	<i>Heart Sutra</i>	11:50	<i>Heart Sutra</i>
12:00	lunch	12:00	lunch	12:00	lunch
1:30	work	1:30	work	1:00	work
3:00	tea	3:00	tea	2:30	zazen
3:30	zazen	3:30	zazen	3:00	kinhin
4:00	kinhin	4:00	kinhin	3:15	zazen
4:15	zazen	4:15	zazen	3:45	<i>recitation</i>
4:45	kinhin	4:45	kinhin	3:50	sesshin ends
5:00	zazen	5:00	zazen		
5:30	kinhin	5:30	kinhin	4:00	group dinner/ buffet
5:45	supper	5:45	supper		
7:00	zazen	7:00	zazen		
7:30	kinhin	7:30	kinhin		
7:45	zazen	7:45	zazen		
8:15	kinhin	8:15	kinhin		
8:30	zazen	8:30	zazen		
9:00	end of day	9:00	end of day		

Dokusan times are green

\* *Fukanzazengi* recited at 8:50 pm