

Preliminary schedule sesshin in Torna Hällestad May 2017

Schedule

Wednesday

18:00 and onwards: Arrival
20:30 Supper
22:00 End of Day

Thursday - Friday

05:50 Wakeup
06:20 Zazen
07:00 Kinhin
07:10 Zazen + Takkesa Ge (kesa sutra) – morning service. Short walk,
08:30 Genmai
09:10 Soji (cleaning) or samu (cutting vegetables, doing dishes)
09:40 Coffee/ Break
10:00 Reading and commenting on a text /Dharma talk in the form of questions and answers
10:40 Break
11:00 Zazen
11:40 Kinhin
11:50 Zazen
12:30 Lunch
13:10 Study period/rest
14:20 Samu (cutting vegetables, cleaning, garden work)
15:00 Break
15:20 Reading and commenting on a text /Dharma talk in the form of questions and answers
16:10 Break
16:30 Zazen
17:10 Kinhin
17:20 Zazen
18:10 Supper/ Break
20:00 Zazen
20:40 Kinhin
20:50 Zazen
22:00 End of Day

Saturday

05:50 Wakeup
06:20 Zazen
07:00 Kinhin
07:10 Zazen + Takkesa Ge (kesa sutra) – morning service. Short walk,
08:30 Genmai
09:10 Soji (cleaning)
09:45 Coffee/ Break -- informal Dharma talk
10:10 Break
10:30 Zazen (or 1st zazen omitted for longer Dharma talk)
11:10 Kinhin
11:40 Zazen
12:00 Ending sutra recitation
12:20 Cleanup
13:00 Lunch
13:40 – 15:00 ca Cleanup/Departure