

## DAI-SESSHIN AT KORINJI – TYPICAL DAILY SCHEDULE

*First Night: Arrive by 6:30pm. Trainees to be dressed and in the zendo by 7:15pm*

- 7:30 Opening of sesshin (in zendo).
- 7:45 Sozarei (opening tea)
- 8:00 Daza (zazen)
- 9:15 Sosan (interview with the Roshi – mandatory for all present)
- 10:00 Sarei/Kaihan/Kaichin (tea/striking the han/formal lights out)
- 10:15 Group meeting in the dining hall. Optional snack available.
- 10:30 Yaza (mandatory solo zazen practice, inside or outside) until 11:45pm.
- 12:00am Sleep or continue to practice.

*Typical Day*

- 4:30am Kaijo (wake up)
- 4:50 Baito Sarei/Daza (umeboshi tea/zazen)
- 6:00 Dokusan (interview with the Roshi)
- 6:30 Choka (morning chanting)
- 7:15 Shukuza (morning meal)
- 8:00 Samu (work period, indoor and outdoor)
- 10:00 Daza (zazen)
- 11:00 Saiza (mid-day meal)
- 12:00pm Suiza (free sitting)
- 1:00 Sarei/Daza (tea/zazen)
- 2:30 Dokusan (interview with the Roshi)
- 3:00 Kaiyoku (wash)
- 4:15 Daza (zazen)
- 4:45 Yakuseki (evening meal)
- 6:30 Daza (zazen)
- 7:00 Kaihan/Kentan/Daza (striking the han/zendo inspection by the Roshi/zazen)
- 8:00 Dokusan (interview with the Roshi)
- 8:30 Teisho (lecture)
- 9:00 Daza (zazen)
- 10:00 Sarei/Kaihan/Kaichin (tea/striking the han/formal lights out) Afterward, optional snack available in dining hall followed by mandatory yaza (solitary sitting practice) only, 10:30-11:45pm.
- 12:00am Sleep or continue to practice.

*Final Morning*

- 4:30am Kaijo (wake up)
- 4:50 Baito Sarei/Daza (umeboshi tea/zazen)
- 6:00 Sosan (interview with the Roshi – mandatory for all present)
- 6:30 Sozarei (closing tea ceremony)
- [Clean up]