

## SESSHIN SCHEDULE

May 4-11, 2008

### Sunday

5:30 PM Dinner & Registration  
6:30 Zendo Position Instruction  
7:30 Zazen  
8:50 Four Vows

### Monday

5:20 Wakeup  
6:00 Zazen  
7:50 Service  
Breakfast  
Break  
9:30 Samu  
11:00 Cleanup  
11:20 Zazen  
12:30 Service  
Lunch  
Break/exercise  
2:20 Zazen  
3:30 Tea  
4:00 Zazen  
5:10 Service  
5:20 Supper  
Break  
7:00 Zazen  
8:50 Four Vows

### Tuesday-Saturday

5:20 Wakeup  
6:00 Zazen  
7:50 Service  
Breakfast  
Break  
9:30 Samu  
11:00 Cleanup  
11:20 Zazen  
12:30 Service  
Lunch  
Break/exercise  
2:10 Zazen  
3:20 Big Mind  
5:20 Service  
Supper  
Break  
7:00 Zazen  
8:50 Four Vows

### Sunday

5:20 Wake up  
6:00 Zazen  
7:10 Closing Remarks  
Nenju  
Breakfast  
9:00 Service  
10:30 Dharma Talk