# JATAKA SESSHIN DAILY SCHEDULE

**FRIDAY NIGHT**

| | | |
|---|---|---|
| PM | 6:45 | Kinhin to basement & Buddha Hall for places |
| | 7:00 | Opening Ceremony followed by zazen |
| | 9:00 | End of formal zazen: Four Vows |

**SATURDAY & SUNDAY**

| | | |
|---|---|---|
| AM | 5:00 | Wake-up bell |
| | 5:20 | WAY OF THE BODHISATTVA, zazen and dokusan |
| | 7:00 | Breakfast |
| | 7:30–9:00 | Work period |
| | 9:00–10:30 | Rest period/informal zazen |
| | 10:30 | Jataka Tale teisho and discussion/kinhin, zazen |
| PM | 12:30 | Informal lunch followed by rest period |
| | 2:00 | Zazen and dokusan |
| | 4:00 | Chanting followed by zazen |
| | 5:00 | Dinner followed by rest period |
| | 7:00 | Zazen and dokusan |
| | 9:00 | End of zazen, Four Vows |
| | 9:30 | Refreshments available in dining room |

**MONDAY & TUESDAY**

| | | |
|---|---|---|
| AM | 4:30 | Wake-up bell |
| | 4:50 | WAY OF THE BODHISATTVA, zazen and dokusan |
| | 6:30 | Breakfast followed by unscheduled time |
| PM | 12:30 | Informal lunch |
| | 5:15 | Dinner |
| | 6:30 | Jataka Teisho |
| | End of talk | Kinhin, zazen and dokusan |
| | End of dokusan | Four Vows |
| | 9:45 | Refreshments available in dining room |

**WEDNESDAY MORNING**

| | | |
|---|---|---|
| AM | 4:00 | Wake-up bell |
| | 4:20 | Zazen and dokusan |
| | End of Dokusan | Final words, followed by Closing Ceremony<br>Housecleaning, Breakfast |