

Jikoji Zen Center

NATURE SESSHIN 11 - 13 March 2022

FRIDAY		SATURDAY		SUNDAY	
		5:00	WAKEUP	5:00	WAKEUP
		5:30	# walk to ridge	5:30	walk to ridge
6:00	dinner	5:45	# zazen on ridge	5:45	zazen on ridge
7:50	zazen	6:45	# return to Jikoji	6:45	return to Jikoji
8:30	Introduction	7:00	# zazen	7:00	zazen
8:50	9 bows	7:40	# service	7:40	closing remarks
		7:50	# BREAKFAST	8:00	breakfast and break
		9:00	# zazen	10:00	zazen
		9:40	# kinhin	10:40	kinhin
sunrise	6.23 am	9:50	# outdoor zazen and kin	10:50	zazen
sunset	6:14 PM	12:00	# LUNCH	11:20	SERVICE
		2:00	# zazen at	11:40	DHARMA TALK - Eric Remir
		3:00	# Elf Tree	12:30	Sunday Program Lunch
		4:30	# return to Jikoji		
		5:10	# DINNER		
		6:00	# walk to ridge for sunset		
		6:14	# sunset zazen		
		7:00	# return to jikoji		
		7:15	# zazen		
		7:55	# kinhin		
		8:05	# zazen		
		8:30	# 9 bows		