

# Jikoji Zen Center

## Nehan-e Sesshin Schedule February 18 - 25, 2024

### Sunday 2/18

4:00pm Arrival/settle  
 5:00 Welcome  
 5:30 Dinner  
 6:30 Clean-up  
 7:00 Zazen  
 7:40 Kinhin  
 7:50 Zazen  
 8:20 Opening remarks  
 8:30 3 Refuges/9 Bows  
 9:00 Lights out

#### Sunrise Sunset

02/18 6:35am 5:40pm  
 02/25 6:25am 5:46pm

### Monday 2/19 - Friday 2/23

5.30am Wake-up bell  
 6:00 Zazen  
 6:40 Robe Chant/Kinhin/Oryoki Instruction  
 6:50 Zazen  
 7:30 Service  
 7:45 Break  
 8:00 Breakfast  
 8:45 Clean-up  
 9:15 Break  
 9:30 Zazen  
 10:10 Kinhin  
 10:20 Dharma Talk  
 11:00 Samu/Soji  
 11:50 Bell to end samu, break  
 12:00pm Lunch  
 12:45 Clean-up  
 1:15 Break  
 1:45 Zazen  
 2:15 Kinhin  
 2:30 Dharma Talk Discussion  
 3:15 Zazen  
 3:55 Kinhin  
 4:05 Samu/Long Kinhin/Contemplation  
 4:30 Bell to end samu, break  
 5:00 Dinner  
 5:45 Clean-up  
 6:15 Break  
 6:30 Zazen  
 7:10 Kinhin  
 7:20 Zazen  
 8:00 Kinhin  
 8:10 3 Refuges, 9 Bows; quiet time  
 9:00 Lights out

### Saturday 2/24

5.30am Wake-up bell  
 6:00 Zazen  
 6:40 Robe Chant/Kinhin  
 7:00 Zazen  
 7:30 Service  
 7:45 Break  
 8:00 Breakfast  
 8:45 Clean-up  
 9:15 Break  
 9:30 Zazen  
 10:10 Kinhin  
 10:20 Dharma Talk  
 11:00 Samu/Soji  
 11:50 Bell to end samu, begin break  
 12:00pm Lunch  
 12:45 Clean-up  
 1:15 Break  
 1:45 Zazen  
 2:15 Kinhin  
 2:30 Dharma Talk Discussion  
 3:15 Zazen  
 3:55 Kinhin  
 4:05 Samu/Long Kinhin/Contemplation  
 4:30 Bell to end samu, begin break  
 5:00 Dinner  
 5:45 Clean-up  
 6:15 Break  
 6:30 Zazen  
 7:10 Kinhin  
 7:20 Zazen  
 8:00 Kinhin to outside  
 8:10 Ryaku Fusatsu (Full Moon Ceremony)  
 8:20 3 Refuges, 9 bows; quiet time  
 9:00 Lights out

### Sunday 2/25

6.00am Wake-up bell  
 6:30 Ceremonial Tea  
 7:30 Closing Circle  
 8:00 Breakfast  
 8:45 Clean up  
 9:30 Clean, Reset Rooms

### Sunday Program

10:00 Zazen  
 10:40 Kinhin  
 10:50 Zazen  
 11:20 Service  
 11:40 Dharma Talk  
 12:30 Lunch

### My Dokusan Time(s)

Day	Time
1. ___	_____
2. ___	_____

