

Hartford Street Zen Center

Annual Retreat: Winter Light --- Rohatsu Sesshin 2015
Wednesday, Dec 2 – Sunday, Dec 6

Day 1 (Wednesday, Dec 2)

7:30 pm orientation
8:00 pm sitting
8:30 pm retire

Days 2 to 4 (Thursday, Dec 3 to Friday, Dec 5)

6:00 am sitting
6:40 am walking
6:50 am sitting
7:20 am morning chanting
7:50 am breakfast
8:45 am clean-up & rest
9:40 am sitting
10:15 am Dharma talk
11:00 am walking
11:15 am sitting
11:50 am noon chanting
12:00 pm lunch
12:50 pm clean-up & rest
1:50 pm work period
2:50 pm clean up
3:00 pm sitting
3:30 pm walking
3:40 pm sitting
4:10 pm tea
4:25 pm bath/exercise
5:10 pm sitting
5:45 pm walking
6:00 pm sitting
6:40 pm evening chanting
6:50 pm medicine meal
7:25 pm clean-up & rest
8:15 pm sitting
8:45 pm walking
8:55 pm sitting
9:25 pm refuges
9:30 pm hot drink/late sitting

Please Note: Visitors are welcome to join in the scheduled sitting between the hours of 6:00 a.m. and 9:30 p.m., but are asked NOT to take a seat in the zendo-proper once the period has begun, but to remain on the bench at the west end of the zendo until a period ends. Please see the schedule for the times of the sitting periods. Also, persons who have no registered for the retreat cannot be accommodated at mealtimes.

Final Day; Day 5 (Sunday Dec 6)

Same as preceding days, until...
11:40 am ceremony set-up
11:45 am Bodhi Day Ceremony
12:00 pm end of retreat/refreshments