

## ZGO – Ancient Oaks 2023 Fall Sesshin Schedule

Times in ET	WEDNESDAY 10/25	THURSDAY 10/26	FRIDAY 10/27	SATURDAY 10/28	SUNDAY 10/29
6:00 – 7:00		Yoga	Yoga	Yoga	6:00-7:30 Zazen
7:00 – 8:30		Zazen	Zazen	Zazen	7:30- 8:30 Shusso Hossen
8:30 – 9:00		Liturgy	Liturgy	Liturgy	Closing Circle
9:00 – 9:30		Breakfast	Breakfast	Breakfast	Breakfast/Brunch And Clean Up
9:30 – 10:30		Break	Break	Break	
10:30 – 12:00		Zazen	Zazen	Zazen	
12:00 – 12:30		lunch	lunch	lunch	
12:30 – 2:00		Break	Break	Break	
2:00 – 3:00	2:00-2:45 Arrival	Nature walk	Nature walk	Novice Priest Ordination	
3:15 – 4:15	Orientation & Etiquette	Focusing	Focusing		
4:30 – 6:00	4:30-6:00 Zazen	Zazen / Dharma Talk Kisho	Zazen / Dharma Talk Baishin	Zazen	
6:00 – 6:30	Dinner	Dinner	Dinner	Dinner	
6:30 – 7:00	Clean up	Clean up	Clean up	Clean up	
7:00 – 8:30	Zazen 7:30 Dharma Talk Genki	Zazen	Outdoor Fire/ Chanupa Ceremony	Zazen / Dharma Talk Genmitsu	

Full time and part time (at least one full day) attendance possible.

Slight schedule changes may apply