

**Sesshin “Returning to the Source”**  
Thursday May 3 – Sunday 7, 2023

Tentative Schedule

6:00 am zazen  
7:00 *short break / tea & coffee*  
7:15 zazen  
8:00 morning service  
8:30 breakfast  
9:45 meeting and samu (till 11:00)  
*tea & coffee*  
11:30 zazen and teaching  
1:15 pm lunch  
*break*  
4:00 zazen  
6:00 dinner  
8:00 zazen

**Start: Thursday** with meeting at 3 pm.

**End: Sunday**, around 3 pm after lunch and closing circle

‘Zazen’ includes sitting as well as kinhin (walking meditation). We might do an extra chanting service, ceremony, bowing, ... There will also be opportunity for daisan (one-on-one meeting with the teacher).

‘Samu’ is one hour of work practice, helping out in the kitchen, gardens, etc