

## HOURLY SCHEDULE

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### Friday, July 17

5:45 - 6:00

**Sign in to Online Session**

6:00 - 6:30

**Welcome and Orientation**

**Speakers:**

Nona Strong

6:30 - 7:30

**Online Dokusan Practice**

Dokusan: Private interviews with the teacher

**Speakers:**

Nona Strong

7:30 - 7:55

**Zazen**

Zazen: Sitting meditation

**Speakers:**

Nona Strong

7:55 - 8:00

**Great Vows for All**

**Speakers:**

Nona Strong

8:00 -

**Retire**

### Saturday, July 18

6:15 - 6:30

**Sign in to Online Session**

6:30 - 8:00

**Zazen and Kinhin**

Zazen: Sitting meditation

Kinhin: Meditating while walking

**Speakers:**

Nona Strong

8:00 - 9:00

**Morning Break**

9:00 - 10:00

**Zazen and Kinhin**

Zazen: Sitting meditation

Kinhin: Meditating while walking

**Speakers:**

Nona Strong

10:00 - 10:30

**Teisho and Kinhin**

Teisho: Dharma talk by the teacher

Kinhin: Meditating while walking

**Speakers:**

Nona Strong

10:30 - 12:00

**Zazen and Kinhin; Dokusan**

Zazen: Sitting meditation

Kinhin: Meditating while walking

Dokusan: Private interviews with the teacher

**Speakers:**

Nona Strong

12:00 - 2:30

**Midday Break**

2:30 - 4:00

**Zazen and Kinhin; Dokusan**

Zazen: Sitting meditation

Kinhin: Meditating while walking

Dokusan: Private interviews with the teacher

**Speakers:**

Nona Strong

4:00 - 4:30

**Evening Break**

4:30 - 5:45

**Zazen and Kinhin; Dokusan**

Zazen: Sitting meditation

Kinhin: Meditating while walking

Dokusan: Private interviews with the teacher

**Speakers:**

Nona Strong

5:45 - 6:00

**Day-End Ceremony**

**Speakers:**

Nona Strong

6:00 -

**Retire**

## Sunday, July 19

6:15 - 6:30

**Sign in to Online Session**

6:30 - 8:00

**Zazen and Kinhin; Dokusan**

Zazen: Sitting meditation  
Kinhin: Meditating while walking  
Dokusan: Private interviews with the teacher

**Speakers:**

Nona Strong

8:00 - 9:00

**Morning Break**

9:00 - 10:00

**Zazen and Kinhin; Dokusan**

Zazen: Sitting meditation  
Kinhin: Meditating while walking  
Dokusan: Private interviews with the teacher

**Speakers:**

Nona Strong

10:00 - 10:30

**Teisho and Kinhin**

Teisho: Dharma talk by the teacher  
Kinhin: Meditating while walking

10:30 - 12:00

**Zazen and Kinhin; Dokusan**

Zazen: Sitting meditation  
Kinhin: Meditating while walking  
Dokusan: Private interviews with the teacher

12:00 - 2:30

**Midday Break**

2:30 - 4:00

**Zazen and Kinhin; Dokusan**

Zazen: Sitting meditation  
Kinhin: Meditating while walking  
Dokusan: Private interviews with the teacher

4:00 - 4:30

**Evening Break**

4:30 - 4:55

**Zazen and Kinhin**

Zazen: Sitting meditation  
Kinhin: Meditating while walking

4:55 - 5:05

**Sesshin-End Ceremony**

5:05 - 6:00

**Closing and Reflections**