

COSTA RICA JATAKA SESSHIN DAILY SCHEDULE

FIRST NIGHT

PM 6:55	Warning bell rung for Opening Ceremony
7:00	Opening Ceremony followed by zazen
9:00	End of formal zazen: Four Vows

EACH DAY

AM 4:30	Wake-up bell
4:50	WAY OF THE BODHISATVA, zazen and dokusan
6:45	Breakfast—formal meal
7:15	Work period
8:30	Bell ending work period, start of rest period
9:45	Zazen
10:00	Jataka Tale talk and discussion
PM 12:30	Informal lunch, followed by open schedule
2:00	Dokusan
4:00	Chanting followed by Tai Chi
5:15	Informal dinner
7:00	Dokusan
9:30	Refreshments available in dining room

LAST DAY

Through 9:30 AM	Same Schedule
9:30 AM	Jataka Tale talk, followed by dokusan
End of Dokusan	Closing words and Ceremony; Clean up, meal

Wake up through Lunch—Formal (required) schedule

After Lunch—Retreat (open/discretionary) schedule