

Valley Streams Zen Sangha
Rohatsu Sesshin 2023 (November 26-December 3)

Sunday evening, Nov. 26 (*Online*)

7:30 Welcome and Orientation

8:00 Zazen

8:30 Refuges

Morning Practice

Monday, Tuesday, Wednesday, Nov. 27 – 29 (*Online*)

Thursday, Nov. 30 (*Hybrid*)

6:00 Zazen

6:30 Kinhin

6:40 Zazen

7:10 Service

Evening Practice

Monday, Nov. 27 (*Hybrid*)*

7:00 Regular Monday Zazen, and Full Moon Ceremony.

Tuesday, Wednesday, Thursday, Nov. 28 – Nov. 30 (*Online*)

5:00 Zazen

5:30 Service

Break/Dinner

7:30 Zazen

8:00 Kinhin

8:10 Zazen

8:40 Refuges

Friday, Dec. 1: Full-Day Sitting, 8:30 a.m. - 8:45 p.m. (*In Person*)

Saturday, Dec. 2: Full-Day Sitting, 8:30 a.m. - 8:45 p.m. (*In Person*)

Sunday Morning, Dec. 3: Half-Day Sitting and Buddha's Enlightenment Ceremony, 8:30 a.m. – 12:00 noon (*In Person*), followed by closing informal lunch and clean-up.

*Full Moon Ceremony

**Dharma talks: Friday, Saturday, Sunday at 10:45 a.m.