

Valley Streams Zen Sangha
Rohatsu Sesshin 2024 (December 1-8)

Sunday evening, Dec. 1 (*online*)

7:30 Welcome and Orientation

8:00 Zazen

8:30 Refuges

Morning Practice

Monday, Tuesday, Wednesday, Dec. 2 - 4 (*online*)

Thursday, Dec. 5 (*hybrid*)

6:00 Zazen

6:30 Kinhin

6:40 Zazen

7:10 Service

Evening Practice

Monday, Dec. 2 (*hybrid*)

7:00 Usual Monday Zazen, Service, and Dharma talk

Tuesday, Wednesday, Thursday, Dec. 3 – Dec. 5 (*online*)

5:00 Zazen

5:30 Service

Break/Dinner

7:30 Zazen

8:00 Kinhin

8:10 Zazen

8:40 Refuges

Friday, Dec. 6: Full-Day Sitting, 8:30 a.m. - 8:45 p.m. (*in-person*)

Saturday, Dec. 7: Full-Day Sitting, 8:30 a.m. - 8:45 p.m. (*in-person*)

Sunday Morning, Dec. 8: 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.

**Dharma talks: Monday, 8 p.m. and Friday, Saturday, Sunday at 10:45 a.m.