

Zazenkai

Led by Deb Faith-Mind Thoresen

Friday, February 7

7:00 p.m.	Self-Registration
7:25	Be in your seat
7:30	Sensei's Entry/Zazen
8:05	Kinhin
8:15	Zazen/Oryoki Instruction
8:50	Four Vows and Bows

Saturday, February 8

5:45 a.m.	Waking up the Body: Outside Walking Zen (Optional)
5:55 a.m.	Be in your seat
6:00	Zazen
6:25	Kinhin
6:30	Zazen
7:00	Oryoki Breakfast/ Rest and Reflection
8:25	Be in the Buddha Hall
8:30	Buddha's Parinirvana Service (open to all)
9:00	Zazen/Interview
9:35	Kinhin
9:45	Zazen/Interview
10:20	Kinhin
10:30-10:50	Zazen/Interview
11:00-11:50	Mindful Work
12:00 p.m.	Oryoki Lunch Rest and Reflection
2:00	Zazen
2:35	Dharma Talk in the Zendo
3:30	Kinhin
3:40	Zazen
4:15	Kinhin
4:25	Zazen
5:00	Four Vows/Bows Closing/End of silence After Zazen Informal Snack

Observe these Precautions
at all times during Zazenkai

Maintain Silence. A Great
Silence. Do not talk. Be silent
in Body, Speech, and Mind.

Maintain lowered eyes. Do not
look around.

Maintain zazenkai etiquette.
Do not engage in social
greetings or courtesies.

Maintain samadhi (unified
mind). Do not leak your
samadhi or the samadhi of
others.

If you have any problems or
are unable to follow the
schedule, please inform the
monitors.

Silence is maintained until 5:00 p.m., Saturday