

Beginner's Mind Sesshin

Led by Rev. Mark Shogen Bloodgood

March 14 (eve) -16, 2019

Thurs Eve., March 14

5 p.m. Pre-Sesshin meeting
for Jisha, Monitors, Jikido &
Tenzo

6:00 p.m. Light Dinner

6:30 Registration

7:25 Be in your seat

7:30-8:05 Zazen

8:05-8:15 Kinhin

8:15-8:50 Zazen/Oryoki
Instruction

8:50 Four Vows/Bows,
Evening Gatha

9:30 Lights Out

Friday, March 15

DAWN

5:15 a.m. Wake up

5:30 Waking the Body:
Outside Kinhin
(optional)

5:40 Be in your seat

5:45 Leader Entry

5:45 Zazen

6:15 Kinhin

6:25 Zazen

6:55 Verse of the Kesa

7:00 Service

7:30 Oryoki Breakfast/
Rest

Saturday March 16

DAWN

5:15 a.m. Wake up

5:30 Waking the Body:
Outside Kinhin
(optional)

5:40 Be in your seat

5:45 Leader Entry

5:45 Zazen

6:15 Kinhin

6:25 Zazen

6:55 Verse of the Kesa

7:00 Service

7:30 Oryoki Breakfast/
Rest

Observe these Precautions at all times during Sesshin

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

Maintain lowered eyes. Do not
look around.

Maintain sesshin 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.

MORNING

9:00 Samu (Report to
Jizo Garden)

10:20 End of Samu

10:35 Be in your seat

10:40 Zazen

11:10 Outside Walking

11:20 Zazen

11:50 Service

12:20 Oryoki Lunch/Rest

AFTERNOON

2:45-3:30 Yoga (Sesshin
participants only)

3:50 Zazen

4:20 Outside Walking

4:30 Zazen

5:00 Service

5:15 Oryoki Supper/Rest

EVENING

7:25 Be in your seat

7:30 Zazen

7:55 Kinhin

8:05 Dharma Talk

8:50 Four Vows/Bows,
Evening Gatha

9:30 Lights Out

MORNING

9:00 Samu (Report to
Jizo Garden)

10:20 End of Samu

10:35 Be in your seat

10:40 Zazen

11:10 Outside Walking

11:20 Zazen

11:50 Service

12:20 Oryoki Lunch/Rest

AFTERNOON

2:30 Zazen

3:00 Outside Walking

3:10 Zazen

3:50 Closing Circle (in
Buddha Hall –
Sesshin
participants)

4:50 Four Vows/Bows
(Zendo)

5:00 Tea & Cookies in
Sangha House

End of Sesshin*

* Please leave your sleeping area clean and orderly. (Ask Samu Leader for cleaning supplies.) Please return room key to the Gueststeward Mailbox in the Sangha House.