

# Growing a Plum Blossom Sesshin

## led by Roshi Egyoku, May 24 eve - 28, 2017

### Wed, May 24

#### EVENING

6:00	Snack
6:30	Registration
7:25	Be in your seat
7:30	Abbot Jundo Opening Remarks
8:05	Kinhin
8:15	Zazen
8:50	Four Vows/Bows Evening Gatha
9:30	Lights Out

### Thurs, May 25-

#### Sun, May 28 \*

#### DAWN

5:00	Wake-up
5:15-6:00	Waking the body: Outside Walking Zen (join anytime)
6-6:50	Zazen
6:50	Kinhin
7-7:25	Zazen/Verse of Kesa
7:30	1-Bowl Breakfast

#### MORNING

9-9:50	Samu
10-10:50	Zazen
10:50	Outside Walking
11-11:50	Zazen; <b>Face-to-Face</b>
12:00	1-Bowl Lunch Rest

### Thurs, May 25-

#### Sat, May 27 \*

#### AFTERNOON (Thurs-Sat)

2-2:50	Yoga
3-3:50	Zazen
3:50	Outside Walking
4-4:50	Zazen/ <b>Face-to-Face</b>
4:50	Outside Walking
5-5:25	Zazen/ <b>Face-to-Face</b>
5:30	1-Bowl Dinner

#### EVENING (Thurs-Sat)

7-7:50	Zazen
7:50	Outside Walking
8-8:50	Zazen
8:50	Four Vows/Bows Evening Gatha
9:30	Lights out

### Sun, May 28

#### FINAL AFTERNOON

2-2:50	Zazen
2:50	Outside Walking
3-3:50	Zazen
4-4:50	Closing Circle -- Buddha Hall
4:50-5	4 Vows/Bows - Zendo

#### END OF SESSHIN

\*\* Please leave your sleeping area clean and orderly. Return room key to the Guest Steward Mailbox in the Sangha House.

#### \* IMPORTANT TO NOTE

- You may re-enter the Zendo up to 8 minutes past the hour.
- All meals are One Bowl buffet style.
- "Walking" means Chinese-style Walking Zen.
- You may substitute a Zazen period with Walking or Rest, as needed.

### SESSHIN

#### PRECAUTIONS

Observe at all times.

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

**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.