

# Growing a Plum Blossom Sesshin

## led by Roshi Egyoku, May 22 eve - 26, 2019

### Wed, May 22

#### **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 23-

#### Sat, May 25 \*

#### **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
11:55	1-Bowl Lunch Rest

#### **AFTERNOON**

2-2:45	Yoga
3-3:50	Zazen
3:50	Outside Walking
4-4:50	Zazen
4:50	Outside Walking
5-5:25	Zazen
5:30	1-Bowl Dinner

#### **EVENING**

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 26

#### **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
11:55	1-Bowl Lunch Rest

#### **FINAL AFTERNOON**

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

### **END OF SESSHIN**

#### **GENERAL NOTES:**

- You may re-enter the Zendo up to 8 minutes past the hour. The bell rings at 10 minutes past.
- Please leave your sleeping area clean and orderly. Return room key to the Guest Steward Mailbox in the Sangha House.

### **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.