

# Rohatsu Sesshin 2017

Friday, December 1 (eve)-Saturday, December 9

**Led by Roshi Egyoku**

## Fri. Evening, December 1

### EVENING

6:00 Snack  
6:30 Registration  
7:25 Be in your seat  
7:30 Abbot's Greeting Round  
Zazen-Opening Remarks  
8:05 Kinhin  
8:15 Zazen/Oryoki Instruction  
8:50 4 Vows/Bows/Gatha  
9:30 Lights out

## Sat. & Sun., Dec. 2 & 3

### **BODHIDHARMA'S WALL GAZING**

You may re-enter the Zendo up to  
8 minutes past the hour.

### DAWN

5:00 Wake-up  
5:15-6 Waking the Body:  
Outside Walking Zen  
(Join anytime)  
6-6:50 Zazen/ Kinhin<sup>1</sup>  
7-7:25 Zazen, Verse of the Kesa  
7:30 Oryoki Breakfast/Rest

### MORNING

9-9:50 Samu<sup>2,3</sup> Training:  
Service Position & Altar  
Cleaning  
10-10:50 Zazen/ Walking Zen<sup>4</sup>  
11-11:50 Zazen  
11:55 Oryoki Lunch/Rest

### AFTERNOON

2-2:45 Yoga-Dharma Hall  
3-3:50 Zazen/ Walking Zen<sup>4</sup>  
4-4:50 Zazen  
4:55 Oryoki Supper/Rest

### SAT EVENING

7-7:50 Zazen  
7:50-8 Kinhin<sup>1</sup>  
8-8:50 Zazen

### SUN EVENING

7-7:50 Zazen  
7:50-8 Kinhin<sup>1</sup>  
8-8:50 **Teisho by Roshi** -Zendo

### SAT & SUN. EVENING

8:50 4 Vows/Bows/Gatha  
9-9:30 Optional Zazen  
10:00 Lights out

## Monday, Dec. 4 through

### Friday, Dec. 8

### DAWN

5 a.m. Wake up  
5:15 Waking the Body:  
Outside Walking Zen  
(Join anytime)  
5:30 Be in your seat/Abbot's  
Entrance  
5:35 Zazen  
6:10 Kinhin  
6:20 Zazen  
6:55 Verse of Kesa  
7:00 Service  
**7:00 Bodhi-Day Service  
Friday, 12/8**  
7:30 Oryoki Breakfast/Rest

### MORNING

9:00 Samu<sup>2,3</sup>  
10:30 End of Samu  
10:50 Zazen  
11:25 Walking Zen<sup>4</sup>  
11:35 Zazen  
12:10 Service  
12:30 Oryoki Lunch/Rest

### AFTERNOON

2:30-3:15 Yoga-Dharma Hall  
3:30-4:05 Zazen  
4:05-4:15 Walking Zen<sup>4</sup>  
4:15-4:50 Zazen  
4:50-5 Walking Zen<sup>4</sup>  
5-5:30 Zazen  
5:30 Service  
5:45 Oryoki Supper/Rest

### EVENING Monday & Friday

7:30 Zazen  
8:05 Kinhin  
8:15 Zazen

### EVENING Tuesday-Thursday

7:30 Zazen  
7:50 Kinhin  
**8-8:50 Dharma Talks** -Zendo:

### ALL EVENINGS Mon-Fri

8:50 4 Vows/Bows/Gatha  
9-9:30 Optional Zazen  
10:00 Lights out

<sup>4</sup> Chinese style outside Kinhin

<sup>5</sup> Please leave your sleeping area clean  
and orderly and leave your keys in the  
Guest Steward mailbox.

## Saturday, December 9

### **BODHIDHARMA'S WALL GAZING**

You may re-enter the Zendo up to  
8 minutes past the hour.

### DAWN

5 a.m. Wake-up  
5:15-6 Waking the body:  
Outside Walking Zen  
(Join anytime)  
6-6:50 Zazen/Kinhin<sup>1</sup>  
7-7:25 Zazen, Verse of Kesa  
7:30 Oryoki Breakfast/Rest

### MORNING

9-9:50 Samu/Clean Room  
Checkout  
10-10:50 Zazen/Walking Zen<sup>4</sup>  
11-11:50 Zazen  
11:55 Oryoki Lunch/Rest

### AFTERNOON

2-2:50 Zazen/Walking Zen<sup>4</sup>  
**3-3:40 Mural Dedication/Eye  
Opening Ceremony**  
3:50 Council  
4:50 4 Vows/Bows  
5:00 End of Sesshin

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.

<sup>1</sup> 10 min inside kinhin. Please remain in  
the Zendo during Wall Gazing days.

<sup>2</sup> Report to Jizo Garden

<sup>3</sup> Servers start Samu at 9:20 a.m.