

Just Summer Sesshin July 15 (eve) – 21

Led by Sensei Ryodo Hawley

Sunday Evening, July 15

EVENING

- 6:00 p.m. Snack
6:30 Registration
7:25 Be in your seat
7:30 Leader's Greeting Round
7:30-8:05 Zazen/Opening Remarks
8:05-8:15 Kinhin
8:15-8:50 Zazen/Oryoki Instruction
8:50 Four Vows/Bows Evening Gatha
9:30 Lights Out

Monday, July 16

BODHIDHARMA'S WALL GAZING

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

DAWN

- 5:15 a.m. Wake-up
5:30-6:00 Waking the Body: Outside Walking Zen (Join at any time)
6-6:50 Zazen
6:50 Walking Zen¹
7-7:25 Zazen, Verse of the Kesa
7:30 Oryoki Breakfast/Rest

MORNING

- 9-9:50 Samu²
Training: Service Position & Altar Cleaning
10-10:50 Zazen
10:50 Walking Zen¹
11-11:50 Zazen
11:50 Oryoki Lunch/Rest

AFTERNOON

- 2-2:45 Yoga in Dharma Hall
3-3:50 Zazen
3:50 Walking Zen¹
4-4:50 Zazen
4:50 Oryoki Supper/Rest

EVENING

- 7-7:50 Zazen
7:50-8 Walking Zen¹
8-8:50 Zazen
8:50 4 Vows/Bows Evening Gatha
9:30 Lights Out

Tuesday, July 17 through Friday, July 20

DAWN

- 5:00 a.m. Wake up
5:15 Waking the Body: Outside Walking Zen (Join at any time)
5:25 Be in your seat
5:30-6:05 Zazen
6:05-6:15 Kinhin
6:15-6:50 Zazen, Verse of Kesa
6:55 Service
7:25 Oryoki Breakfast/Rest

MORNING

- 9:00 Samu²
10:30 End of Samu
10:45 Be in your seat
10:50-11:25 Zazen
11:25-11:35 Walking Zen¹
11:35-12:10 Zazen
12:10 p.m. Service
12:30 Oryoki Lunch/Rest

AFTERNOON

- 2:30-3:15 Yoga in Dharma Hall
3:35-4:10 Zazen
4:10-4:20 Walking Zen¹
4:20-4:55 Zazen
Tuesday & Thursday
4:55-5:30 Slow outside kinhin in the garden

Wednesday & Friday

- 4:55-5:30 Meandering – not a break, follow the spirit, wander grounds

Tuesday-Friday

- 5:30 Service
5:40 Oryoki Supper/Rest

EVENING

Tuesday, Thursday, Friday

- 7:25 Be in your seat
7:30-7:50 Zazen
7:50-8 Kinhin

8-8:50 Dharma Talk by Sensei Ryodo

Wednesday

- 7:25 Be in your seat
7:30-8:05 Zazen
8:05-8:15 Kinhin
8:15-8:50 Zazen

All Evenings Monday-Friday

- 8:50 Four Vows/Bows Evening Gatha
9:30 Lights Out

Saturday, July 21

BODHIDHARMA'S WALL GAZING

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

DAWN

- 5:15 a.m. Wake-up
5:30-6 Waking the Body: Outside Walking Zen (Join at any time)
6-6:50 Zazen
6:50 Walking Zen¹
7-7:25 Zazen, Verse of the Kesa
7:30 Oryoki Breakfast/Rest

MORNING

- 9-9:50 Samu²
10-10:50 Zazen
10:50 Walking Zen¹
11-11:50 Zazen
11:50 Oryoki Lunch/Rest Room cleanup³

AFTERNOON

- 2-2:50 Zazen
2:50 Walking Zen¹
3-3:40 Zazen
3:45 Council in Buddha Hall
4:50 4 Vows/Bows in Zendo
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.

¹ Chinese style outside Kinhin

² Report to Jizo Garden

³ Please leave your sleeping area clean and orderly and leave your keys in the Guest Steward mailbox.