

2013 Summer Sesshin July 21(eve) – 27

Led by Roshi Egyoku

Sunday Evening, July 21

EVENING

- 6:00 p.m. Snack
6:30 Registration
7:25 Be in your seat
7:30 Abbot'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
9:30 Lights Out

Monday, July 22

BODHIDHARMA'S WALL GAZING

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

DAWN

- 5:00 a.m. Wake-up
5:15-6:00 Waking the Body: Outside Walking Zen (Join at anytime)
6-6:50 Zazen
6:50 Kinhin¹
7-7:20 Zazen, Verse of the Kesa
7:25 Oryoki Breakfast/Rest

MORNING

- 9-9:50 Samu²
Training: Service Position & Altar Cleaning
10-10:50 Zazen
10:50 Walking Zen³
11-11:50 Zazen
11:50 Oryoki Lunch/Rest

AFTERNOON

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

EVENING

- 7-7:50 Zazen
7:50-8 Kinhin
8-8:50 Zazen
8:50 Four Vows/Bows
9:30 Lights Out

Tuesday, July 23 through Friday, July 26

DAWN

- 5:00 a.m. Wake up
5:15 Waking the Body: Outside Walking Zen (Join at Anytime)
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 Samu
10:30 End of Samu
10:45 Be in your seat
10:50-11:25 Zazen
11:25-11:35 Kinhin⁴
11:35-12:10 Zazen
12:10 p.m. Service
12:30 Oryoki Lunch/Rest

AFTERNOON

- 2:30-3:15 Yoga in Dharma Hall
3:30-4:05 Zazen
4:05-4:15 Kinhin
4:15-4:50 Zazen
4:50-5 Walking Zen
5-5:30 Zazen
5:30 Service
5:40 Oryoki Supper/Rest

EVENING

Tuesday, Wednesday, Thursday

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

Tuesday, Thursday

8-8:50 Teisho by Roshi

Wednesday

8-8:50 Dharma Talk by Dokai Dickenson

Friday

- 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
9:30 Lights Out

Saturday, July 27

BODHIDHARMA'S WALL GAZING

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

DAWN

- 5:00 a.m. Wake-up
5:15-6:00 Waking the Body: Outside Walking Zen (Join at Anytime)
6-6:50 Zazen/Kinhin
7-7:20 Zazen, Verse of the Kesa
7:25 Oryoki Breakfast/Rest

MORNING

- 9-9:50 Samu²
10-10:50 Zazen
10:50 Walking Zen
11-11:50 Zazen
11:50 Oryoki Lunch/Rest
Room cleanup⁵

AFTERNOON

- 2-2:50 Zazen
2:50 Walking Zen
3-4:10 Council in Buddha Hall
4:10 Kinhin
4:15 Zazen in Zendo
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.

¹ Remain in Zendo on Wall-Gazing Days

² Report to Jizo Garden

³ Chinese style outside Kinhin

⁴ 8 min inside kinhin. Step out of line for bathroom break if necessary.

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