

Golden Wind Sesshin

Led by Roshi Egyoku, Sensei Kizan Shogen & Sensei Daiki Senshin

Wednesday, July 22

7:10 pm Log into Zoom & Settle
7:20 Orientation to Virtual Sesshin
7:30 Zazen
8:05 Walking Zen
8:15 Zazen
8:50 **Four Vows/ Bows/Evening Gatha**
9:00 pm End

Sunday, October 18

Zoom Block 1

6:00 am Zazen/**Gatha of Atonement**
6:40 Walking Zen/Personal Needs
6:50 Zazen
7:25 **Verse of the Kesa**
7:30 **Morning Service** in Zendo

At Home

8:00 Breakfast: Cook, Eat, Clean (**chant**)
9:00 Samu/work at Home (**chant**)
Set up for Hossen
10:45 End Samu

Sesshin Ends

11:00 Dharma Compat with Head Trainee
Rosa Ando Martinez

Daily 8 pm Talks

Monday: Teisho by Roshi Egyoku
Tuesday: Dharma Talk by Rev. Dharma-Joy
Wednesday: Dharma Talk by Sensei Daiki Senshin
Thursday: Dharma Talk by Sensei Kizan Shogen
Friday: Dharma Talk by Mukey Horner
Saturday: Honsaku Gyocha
Ritual presentation of Susho's case & tea

Monday-Saturday, October 12-17

Zoom Block 1

6:00 am Zazen/**Gatha of Atonement**
6:40 Walking Zen/Personal Needs
6:50 Zazen
7:25 **Verse of the Kesa**
7:30 **Morning Service** in Zendo

At Home

8:00 Breakfast: Cook, Eat, Clean (**chant**)
9:00 Samu/work at Home. (**chant**)
10:45 End Samu

Zoom Block 2

11:00 Zazen / **Reading: Fukanzazengi**
11:35 Walking Zen
11:45 Zazen
12:20 **Noon Service** in Zendo

At Home

12:45 Lunch at home: Cook, Eat, Clean. Rest.
2:15 Samu/Stretching/Exercise/Study

Zoom Block 3

3:30 Zazen
4:05 Walking Zen
4:15 Zazen
4:50 Walking Zen
5:00 Zazen
5:30 **Evening Service** in Zendo

At Home

5:45 Dinner at Home: Cook, Eat, Clean. Rest.

Zoom Block 4

7:15 Zazen
7:50 Walking Zen
8:00 **Chant, Reading, Talk** (see list to left)
8:50 pm **Four Vows/Bows/Evening Gatha**