

May Peace Prevail Sesshin

Led by Sensei Daiki Senshin

May 25 (eve) – 29 (midday), 2022

Wed. eve., May 25

5 pm Pre-Sesshin meeting
for Leaders, Jisha, Monitors,
Jikido & Tenzo

6:00 pm Light Dinner

7:15 Zoom in & Settle

7:20 Hybrid Orientation

7:30-8:05 Greeting Round,
Opening Remarks,
Zazen

8:05-8:15 Outside Walking

8:15-8:50 Zazen

8:50 Vows/Bows/Gatha

9:30 Lights Out

Thurs-Sat, May 26-28

5:30 am Wake up

5:45 Waking the Body:
Outside Kinhin (optional)

Zoom Block 1

5:55 Be in your seat
Leader's Entry

6:00 Zazen

6:35 Outside Walking

6:45 Zazen

7:20 Verse of the Kesa

7:25 Morning Service

7:55 Breakfast/Rest

9:15 Samu (Report to
Jizo Garden)

10:40 End of Samu

Zoom Block 2

10:50 Reading/Zazen

11:25 Walking Zen

11:35 Zazen

12:10 Midday Service

12:35 Lunch/Rest

Zoom Block 3

2:15-3:15 Yoga

3:30 Zazen

4:05 Walking Zen

4:15 Zazen

4:50 Walking Zen

5-5:30 Zazen

5:30 Evening Service

5:45 Supper/Rest

Zoom Block 4

7:30 pm Zazen

8:05-8:15 Outside Walking

8:15-8:50 Dharma Talk or
Reading

8:50 Vows/Bows/Gatha

9:30 Lights Out

Sunday May 29

5:30 am Wake up

5:45 Waking the Body:
Outside Kinhin (optional)

Zoom Block 1

5:55 Be in your seat
Leader's Entry

6:00 Zazen

6:35 Outside Walking

6:45 Zazen

7:20 Verse of the Kesa

7:25 Gate of Sweet
Nectar

7:55 Breakfast/Rest

Zoom Block 2

9:25 Be in Your Seat

9:30 Zazen

10:05 Walking Zen

10:15 Zazen

10:50 Walking Zen

11:00 Closing Circle

12:15 Four Vows, Bows,
Nenju

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.

* Please leave your sleeping area clean & orderly. (Ask Samu Leader for cleaning supplies.)
Please return room key to Gueststeward Mailbox in the Sangha House.