

Parinirvana Zazenkai 2023

Led by Sensei George Mukei Horner

Friday, February 10

5:30pm	Parinirvana Service Rehearsal
6:00	Light snack (<i>Sangha House</i>)
7:15	Log into Zoom & Settle
7:20	Zoom Orientation
7:25	Be in your seat
7:30	Zazen
7:40	Precautions
8:05	Kinhin
8:15	Zazen
8:50	Four Vows, Bows, Evening Gatha
9:00	End

Saturday, February 11

5:00 a.m.	Wake-up
5:30	Waking up the Body: Outside Walking Zen (Optional)
5:40 a.m.	Be in your seat
5:45	Zazen
6:15	Outside Walking Zen
6:25	Zazen
6:55	Verse of the Kesa
7:00	Parinirvana Service
7:30	Breakfast
9:00	Samu
10:15	End Samu
10:25	Be in your seat
10:30	Zazen
11:05	Outside Walking
11:15	Zazen
11:50	Outside Walking
12:00	Dharma Talk (<i>Zendo</i>)
12:50 p.m.	Lunch, Rest & Reflection
2:55	Be in your seat
3:00	Zazen
3:35	Outside Walking
3:45	Zazen
4:20	Outside Walking
4:30	Zazen
4:55	Four Vows/Bows/Closing
5:00pm	End and Clean-up

Observe these Precautions
at all times during Zazenkai

Maintain Silence. A Great Silence. Do not talk. Be silent in Body, Speech, and Mind.

Maintain lowered eyes. Do not look around.

Maintain zazenkai 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.

Silence is maintained until 5:00 p.m., Saturday