

June 2023 Intensive Zazenkai

Led by Dharma-Holder Jitsujo Gauthier

Via Zoom & In Person at ZCLA

Thursday, June 29

EVENING

5:00 p.m.	Leader's Mtg
6:00	Light snack
7:15	Log into Zoom & Settle
7:20	Zoom Orientation
7:25	Be in your seat
7:30	Greeting Round Opening Remarks Zazen
7:40	Precautions
8:05	Kinhin
8:15	Zazen
8:50	Four Vows, Bows, Evening Gatha
9:00	End

Fri, June 30 & Sat, July 1

DAWN

5:00 a.m.	Wake-up
5:15	Waking up the Body: Outside Walking Zen (Optional)
5:25 a.m.	Be in your seat Leader's Entry
5:30	Atonement/Zazen
6:05	Outside Walking Zen
6:15	Zazen
6:50	Verse of the Kesa
6:55	Morning Service
7:25	Breakfast/Rest

MORNING

9:00	Samu
10:30	End Samu
10:55	Be in your seat
11:00	Zazen
11:35	Outside Walking
11:45	Zazen
12:15 p.m.	Midday Service
12:35	Lunch/Rest

Friday, June 30

AFTERNOON

2:30–3:15	Yoga -Dharma Hall
3:25	Be in your seat
3:30	Zazen
4:05	Walking Zen
4:15	Zazen
4:50	Walking Zen
5:00	Zazen
5:30	Evening Service
5:45	Supper/Rest

EVENING

7:25	Be in your seat
7:30	Zazen
7:50	Outside Walking Zen
8:00	<u>Dharma Talk</u>
8:50	Four Vows/Bows/ Evening Gatha
9:30	Lights Out

Saturday, July 1

AFTERNOON

3:25pm	Be in Your Seat
3:30	Zazen
4:05	Walking Zen
4:15	Closing Circle
5:45	Four Vows/Bows/Evening Gatha

Zazenkai Ends

Please observe these precautions:

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 our head monitor.