

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
5:30	Waking up the Body: Outside Walking Zen (Optional)
5:50 a.m.	Be in your seat Leader's Entry
6:00	Atonement/Zazen
6:25	Outside Walking Zen
6:35	Zazen
7:00	Verse of the Kesa
7:05	Morning Service
7:30	Breakfast

MORNING

9:00	Samu
11:00	End Samu
11:30	Lunch/Rest

Friday, June 30

AFTERNOON

2-2:30	Stretching - Garden
2:30	Zazen in Garden
3:00	Walking Zen
3:10	<u><i>Dharma Talk</i></u> in Zendo
4:10	Walking Zen
4:20	Zazen
4:50	Evening Service
5:15	Supper/Rest

EVENING

7:25	Be in your seat
7:30	Brahmaviharas + Zazen
8:00	Outside Walking Zen
8:10	Zazen
8:40	Four Vows/Bows/ Evening Gatha
9:30	Lights Out

Saturday, July 1

AFTERNOON

2-2:30	Stretching - Garden
2:30	Zazen in Garden
3:00	Walking Zen
3:10	Zazen in Garden
3:40	Walking Zen
3:50	Closing Circle
5:00	Four Vows and Bows

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.