

Beginner's Mind Sesshin 2024 - Led by Sensei Tom Dharma-Joy Reichert

Thursday, February 15

- 5:00 pm Leaders Mtg (Office)
6:00 Light Dinner

7:15 Log into Zoom & Settle
7:20 Hybrid Orientation
7:25 Be in your seat
7:30 Greeting Round, Opening
Remarks, Zazen
8:05 Outside Walking Zen
8:15 Zazen
8:50 **4 Vows/Bows/Eve. Gatha**
9:30 Lights Out

Fri, Sat & Sun February 16, 17 & 18

DAWN

- 5:00 am Wake up
5:15 Waking the Body:
Outside Walking Zen
(Join Any Time)
5:25 Be in Your Seat
Leader Entry
5:30 **Atonement/Zazen**
6:05 Outside Walking Zen
6:15 Zazen
6:50 **Verse of the Kesa**
7:00 **Morning Service**
7:30 Breakfast/Rest
(Meal Gatha)
9:00 Samu
(Samu Service)
10:30 End Samu

MORNING

- 10:55 am Be in Your Seat
11:00 Zazen
11:35 Outside Walking Zen
11:45 Zazen
12:15 **Midday Service**

12:35 pm Lunch/Rest
(Meal Gatha)
2:30-3:15 Zen Movement
(Maintain Samadhi)

FRI & SAT AFTERNOON

- 3:25 pm Be in Your Seat
3:30 Zazen
4:05 Outside Walking
4:15 Zazen
4:50 Outside Walking Zen
5:00 Zazen
5:30 **Evening Service**

Fri & Sat, February 16 & 17

EVENING

- 5:45 pm Supper/Rest
(Meal Gatha)

7:25 pm Be in Your Seat
7:30 Zazen
7:50 Walking Zen
8:00 **Dharma Talk (Fri): TBD**
Dharma Talk (Sat): TBD
8:50 **4 Vows/Bows/Eve. Gatha**
9:30 Lights Out

Sunday, February 18

AFTERNOON

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

Sesshin Ends

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.