

Beginner's Mind Sesshin 2025

Led by TBD

Thursday February 20

- 5:00 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, Abbot's Opening Remarks, Zazen
- 8:05 Kinhin/exit for Oryoki Instruction
- 8:15 Zazen
- 8:50 4 Vows/Bows/Eve. Gatha
- 9:30 Lights Out

Fri/Sat February 21/22

DAWN

- 5:15 Wake up
- 5:30 Waking the Body: Outside Kinhin (Join Any Time)
- 5:45 Be in Your Seat; Leader Entry
- 5:50 Atonement/Zazen
- 6:20 Kinhin
- 6:30 Zazen [FRI: Meal Server Instruction]
- 7:00 Verse of the Kesa
- 7:05 Morning Service
- 7:40 Oryoki Breakfast/Rest (Meal Gatha)
- 9:00 Samu/Training [Jizo Garden] (Samu Service)
- 10:30 End Samu

MORNING

- 10:55 Be in Your Seat
- 11:00 Zazen
- 11:35 Kinhin
- 11:45 Zazen
- 12:15 Midday Service
- 12:35 Lunch/Rest (Meal Gatha)
- 2:30 Zen Movement [Dharma Hall] (Maintain Samadhi)

AFTERNOON

- 3:30 Be in Your Seat
- 3:35 Zazen
- 4:05 Outside Walking Zen
- 4:15 Zazen
- 4:45 Outside Walking Zen
- 4:55 Zazen
- 5:25 Evening Service

EVENING

- 5:40 Medicine Meal/Rest (Meal Gatha)
- 7:25 Be in Your Seat
- 7:30 Zazen
- 7:50 Walking Zen
- 8:00 Dharma Talk
Fri: Sensei Shogen
Sat: Sensei Dharma-Joy
- 8:50 4 Vows/Bows/Evening Gatha
- 9:30 Lights Out

Sunday, February 23

DAWN/MORNING

[Dawn and Morning Same until:]

- 9:00 Samu/Room Cleaning [Jizo Garden] (Samu Service)
- 10:00 End Samu
- 10:15 Be in Your Seat
- 10:20 Zazen
- 10:55 Kinhin
- 11:05 Closing Circle [Dharma Hall]
- 12:15 Four Vows/Bows/Nenju [Zendo]
- 12:30 Lunch

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 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.