

Just Summer Sesshin • July 20 (eve)- 26, 2025

Led by Sensei Katherine Senshin Griffith & Sensei Tom Dharma-Joy Reichert

Saturday Evening, July 20

5:00 p.m. Leaders Meeting
6:00 Light Dinner

EVENING

7:15 p.m. Zoom in & Settle
7:20 Hybrid Orientation
7:25 Be in your seat
7:30 Leader’s Greeting
Round/Opening
Remarks/Zazen
8:05 Outside Walking Zen
8:15 Zazen
8:50 Four Vows/Bows/
Evening Gatha
9:30 Lights Out

Sunday, July 21

Bodhidharma’s Wallgazing

DAWN

5:15 a.m. Wake-up
5:30 Outside Kinhin
(join any time)
6:00 Atonement/Zazen¹
6:50 Outside Walking Zen
7:00 Zazen¹
7:30 Verse of the Kesa
7:35 Oryoki Breakfast/Rest

MORNING

9:00 Samu², Training
10:40 End Samu

11:00 Zazen¹
11:50 Oryoki Lunch/Rest

AFTERNOON

2-2:45 Yoga - Dharma Hall
3:00 Zazen¹
3:50 Outside Walking Zen
4:00 Zazen¹
4:50 Oryoki Supper/Rest

Monday, July 22 (cont.)

EVENING

7:00 Zazen¹ Reading:
TBD
7:50 Outside Walking Zen
8:00 Zazen¹
8:50 Four Vows/Bows/
Evening Gatha
9:30 Lights Out

Tue. July 22-Fri. July 25

DAWN

5:00 a.m. Wake up
5:15 Outside Kinhin
(join any time)
5:25 Be in your seat
Leader’s Entry
5:30 Atonement/Zazen
6:05 a.m. Outside Walking Zen

Mon. July 22-Fri. July 25 cont.

6:15 a.m. Zazen
6:50 Verse of the Kesa
6:55 Morning Service
7:25 Oryoki
Breakfast/Rest

MORNING

9:00 Samu²
10:40 End Samu
10:55 Be in your seat
11:00 Zazen
11:35 Outside Walking Zen
11:45 Zazen
12:15 p.m. Midday Service
12:35 Oryoki Lunch/Rest

AFTERNOON

2:15–3:00 Yoga -Dharma Hall
3:25 Be in your seat
3:30 Zazen
4:05 Outside Walking Zen
4:15 Zazen

Tuesday & Thursday

4:50-5:30 Slow outside kinhin
(ZCLA Garden)

Wednesday & Friday

4:50-5:30 Meandering – not a
break, follow the spirit & wander
the grounds

5:30 Evening Service
5:45 Oryoki Supper/Rest

Tue. July 23-Th. July 25

EVENING

7:25 p.m. Be in your seat
7:30 Zazen
7:50 Outside Walking Zen
8:00 Dharma Talks
Tues: TBD
Wed: TBD
Thu: TBD

Fri. July 25

7:25 p.m. Be in your seat
7:30 Zazen, Reading:
TBD
8:05 OutsideWalking Zen
8:15 Zazen

Tue. July 22-Fri. July 25

8:50 Four Vows/Bows/
Evening Gatha
9:30 Lights Out

Saturday, July 26

Bodhidharma’s Wallgazing

DAWN

5:15 a.m. Wake-up
5:30 Outside Kinhin
(join any time)
6:00 Atonement/Zazen¹ 6:50
Outside Walking Zen
7:00 Zazen¹
7:30 Verse of Kesa
7:35 Oryoki
Breakfast/Rest

MORNING

9:00 Samu,² Clean Room
10:00 Zazen¹
10:50 Outside Walking Zen
11:00 Zazen¹
11:50 Oryoki Lunch/Rest

AFTERNOON

2:25 p.m. Be in your seat
2:30 Zazen
3:05 Outside Walking Zen
3:15 Zazen
4:00 Closing Circle
5:00 Four Vows/Bows.

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 sesshin 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.

¹ May enter up to 8 minutes past the hour
² Report to Jizo Garden, start Samu at 9:00 a.m.
* Please leave your sleeping area clean & orderly. (Ask Samu Leader for cleaning supplies.)
Please return room key to Gueststeward Mailbox in the Sangha House.