

August Zazenkai 2025

Led by Sensei Lorraine Gessho Kumpf

Friday, August 22

5:00pm	Leaders Meeting (<i>Office</i>)
7:15	Log into Zoom & Settle
7:20	Zoom Orientation
7:25	Be in your seat
7:30	Zazen
7:40	Precautions
8:05	Kinhin
8:15	Zazen
8:50	Four Vows, Bows, Evening Gatha
9:00	End

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.

Saturday, August 23

5:00 a.m.	Wake-up
5:30	Waking up the Body: Outside Walking Zen (Optional)
5:40 a.m.	Be in your seat
5:45	Zazen
6:15	Outside Walking Zen
6:25	Zazen
6:55	Verse of the Kesa
7:00	Morning Service
7:30	Breakfast
9:00	Samu
10:15	End Samu
10:25	Be in your seat
10:30	Zazen
11:05	Outside Walking
11:15	Zazen
11:50	Outside Walking
12:00	Dharma Talk (<i>Zendo</i>)
12:50 p.m.	Lunch, Rest & Reflection
2:55	Be in your seat
3:00	Zazen
3:35	Outside Walking
3:45	Zazen
4:20	Outside Walking
4:30	Zazen
4:55	Four Vows/Bows/Closing
5:00pm	End and Clean-up

Silence is maintained until 5:00 p.m., Saturday