

Year-End Sesshin 2025

Led by Sensei Dharma-Joy Reichert and Roshi Shogen Bloodgood

Saturday, December 27

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

Sun/Mon December 28/29

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 Yoga [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
Sun: TBD
Mon: TBD
8:50 4 Vows/Bows/Evening Gatha
9:30 Lights Out

Tuesday, December 30

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 Zazen
11:40 Lunch/Rest

AFTERNOON

1:30 Be in Your Seat
1:35 Zazen
2:05 Kinhin
2:15 Zazen
2:45 Kinhin
2:55 Closing Circle
- Dharma Hall
3:55 Four Vows, Bows
4:00 Informal One-Bowl Meal

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.