

Autumn Wind Sesshin – October 5 (eve)- 12, 2025

Led by Roshi Ryodo Hawley, Sensei Nem Etsugen Bajra, & Sensei Lorraine Gessho Kumpf

Sunday Evening, October 5

5:00 pm Leader's Mtg. in Zendo
6:00 Light Dinner

EVENING

7:15 pm **Zoom in & 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;Oryoki instruction
8:50 Four Vows/Bows,
Evening Gatha
9:30 Lights Out

Monday, October 6

Bodhidharma's Wallgazing

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
9:00 Samu², Training
10:40 End Samu

At Home Mon & Sat

7:35 Breakfast: (Meal Gatha)
9-10:40 Samu/Work (Work Chant)

MORNING

11:00 Zazen¹
11:50 Oryoki Lunch/Rest
1:45-2:30 Yoga – Dharma Hall

At Home: Mon & Sat

11:50 Lunch: (Meal Gatha), Rest
2 Exercise/Study (Maintain Samadhi)

AFTERNOON

3:00 Zazen¹; Guidepost for
Silent Illumination
3:50 Outside Walking Zen
4:00 Zazen¹
4:50 Oryoki Supper/Rest

At Home: Mon & Sat

4:50 Supper (Meal Gatha), Rest

EVENING

7-7:50 Zazen¹
7:50-8 Outside Walking
8-8:50 Zazen¹
8:50 Four Vows
Bows/Evening Gatha
9:30 Lights Out

Tuesday, Oct. 7-Friday Oct. 10

5:00 a.m. Wake up
5:15 Outside Kinhin
(join any time)

DAWN

5:25 Be in your seat
Leader's 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 Oryoki Breakfast/Rest
9:00 Samu²
10:40 End Samu

At Home Tue-Fri

7:30 Breakfast: (Meal Gatha)
9-10:40 Samu/Work (Work Chant)

MORNING

10:55 Be in your seat
11:00 Zazen
11:35 Outside Walking Zen
11:45 Zazen
12:15p.m. Midday Service
12:35 Oryoki Lunch/Rest
2:15–3 Yoga - Dharma Hall

At Home Tue-Fri

12:35 Lunch: (Meal Gatha), Rest
2:30 Exercise/Study (Maintain
Samadhi)

AFTERNOON

3:25 Be in your seat
3:30 Guidepost/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

At Home Tue-Fri

5:45 Supper: (Meal Gatha), Rest

EVENING

7:25 Be in your seat
7:30 Zazen
7:50 Outside Walking Zen
8:00 **Dharma Talks**

Tues: Sensei Gessho

Wed: Sensei Mukei

Thurs: Roshi Ryodo

Fri: Sensei Etsugen

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

Saturday, October 11

Bodhidharma's Wallgazing

5:15 a.m. Wake-up
5:30 Outside Kinhin
(join any time)

DAWN

6:00 Atonement/Zazen¹
6:50 Outside Walking Zen
7:00 Zazen¹
7:30 Verse of Kesa
7:35 Oryoki Breakfast/Rest
9-10:45 Samu² - Full Dress
Rehearsal for Hossen

MORNING

11:00 Zazen¹
11:50 Oryoki Lunch/Rest
[1:45-2:45 Honsoku Gyocha
Rehearsal]
1:45-2:45 Rest/Maintain Samadhi

AFTERNOON

3:00 Zazen¹
3:50 Outside Walking Zen
4:00 Zazen¹
4:50 Oryoki Supper/Rest

EVENING

7:00 Zazen¹
7:30 Outside Kinhin
7:40 **Honsoku Gyocha**
Ritual presentation of
Shuso's Case & Tea.
All invited.
8:15 Outside Kinhin
8:25 Zazen
8:50 Four Vows
Bows/Evening Gatha
9:30 Lights Out

Sunday, October 12

DAWN

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

At Home

7:30 Breakfast: (Meal Gatha)
9-10:45 Samu/Work (Work chant)

9-10:45a.m Samu: Hossen set-up
& room cleaning

11 a.m. **Dharma Combat** with
Head Trainee
Bill Tetsui Press

12:30 Group Photo/ Lunch

¹May enter up to 8 minutes past the hour

² Report to Jizo Garden, start Samu at 9:00 a.m.; Hossen ceremony rehearsals start on Wednesday in the Zendo during Samu.