

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
- 7:20 Zoom Participant Precautions
- 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
- 7:00 Verse of the Kesa
- 7:05 Morning Service
- 7:40 Oryoki Breakfast/Rest
- 9:00 Samu/Training [Jizo Garden]
- 10:40 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)
- 2:15 Yoga

AFTERNOON (Option 1)

- 3:25 Be in Your Seat
- 3:30 Zazen
- 4:00 Outside Walking Zen
- 4:10 Zazen
- 4:40 Outside Walking Zen
- 4:50 MUzen
- 5:20 Evening Service

AFTERNOON (Option 2)

Sesshin participants may use the afternoon block as you wish – for reflection, creative endeavors, rest, etc.—while continuing to observe the guidelines for sesshin. You may journal, paint, write, sculpt, do photography, garden, create music, rest, or sleep and so on. (You can also join for portions of the sitting.) Please provide your own materials for any creative projects.

EVENING

- 5:40 Medicine Meal/Rest
- 7:25 Be in Your Seat
- 7:30 Zazen
- 7:50 Outside Walking Zen
- 8:00 Dharma Talk/Teisho
Sun: Sensei Dharma-Joy
Mon: Roshi Shogen
- 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]
- 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 MUzen
- 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.