

Beginner's Mind Sesshin

Led by Sensei George Mukei Horner

February 19 (evening) – 22 (afternoon), 2026

Thurs. eve, Feb. 19

5 pm Pre-Sesshin meeting for Leaders, Jisha, Monitors, Jikido & Tenzo
6:00 pm Light Dinner
7:15 Zoom in & Settle
7:20 Hybrid Orientation
7:30-8:05 Greeting Round, Opening Remarks, Zazen
8:05-8:15 Outside Walking
8:15-8:50 Zazen
8:50 **Vows/Bows/Gatha**
9:30 Lights Out

Fri-Sat, Feb. 20-21

Dawn
5:30 am Wake up
5:45 Waking the Body: Outside Kin hin (optional)
5:55 Be in your seat
Leader's Entry
6:00 **Atonement/Zazen**
6:25 Outside Walking
6:35 Zazen
7:05 **Verse of the Kesa**
7:10 **Morning Service**
7:40 Breakfast/Rest
(Meal Gatha)

Fri, Feb. 20 eve

7:25 pm Be in your seat
7:30 Zazen
7:50 Outside Walking
Dharma Talk: Sensei Mukei
Vows/Bows/Gatha

Sat, Feb. 21 eve
7:25 pm Be in your seat
7:30 Zazen
8:05 Outside Walking
8:15 Zazen
8:50 **Vows/Bows/Gatha**
9:30 Lights Out

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.

9:00 Samu (& Service) - Jizo Garden
10:30 End of Samu

Morning
10:50 Be in your seat
10:55 Zazen
11:30 Walking Zen
11:40 Zazen
12:15 **Midday Service**
12:35 Lunch/Rest
(Meal Gatha)

Sunday Feb. 22

Dawn
5:30 am Wake up
5:45 Outside Kin hin (opt.)
5:55 Be in your seat
Leader's Entry
Atonement/Zazen
6:00 Kin hin
6:30 Zazen
6:35 **Verse of the Kesa**
7:00 Breakfast/Rest
(Meal Gatha)

Morning
Gate of Sweet Nectar Service
8:30 Zazen
9:00 Outside Walking Zen
9:35 Zazen
9:45 **4 Vows, Bows, Nenju**
10:20 Samu – Clean
10:30 rooms
11:15 Closing Circle
12:30 Lunch/**Clean-up (Meal Gatha)**
End of Sesshin*

* Please leave your sleeping area clean & orderly. (Ask Samu Leader for cleaning supplies.)
Please return room key to Gueststeward Mailbox in the Sangha House.