

# June Zazenkai 2026

Led by Preceptor Elizabeth Jiei Cole

## Friday, June 26

5:00pm	Leaders Meeting ( <i>Office</i> )
6:00pm	Light Dinner ( <i>Dining Hall</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

## Saturday, June 27

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	Chant 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	Dharma Talk ( <i>Zendo</i> )
12:05	Outside Walking
12:15	Zazen
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

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.

*FOLLOWED BY TEA & COOKIES*

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