

Zazenkai/Weekend and Extended Sesshin Schedule – May 2024

Friday, May 17th – For Sesshin participants or first time Zazenkai participants

6:30 pm – Arrive and take any open space in the Zendo except for the four corners and set up your place.

7:00 – Zazen and kinhin

7:30 – Words by the Teacher

7:35 – Tanto begins with Introductions, then cautions by officers and questions answered.

8:00 – Short Zazen if time permits and dismiss participants by 8:15 to 8:30 pm.

Saturday – Monday Daily Schedule

6:00 am - Arrive and set up your place

6:25 – Tea and Zazen

7:05 – Zazen and Dokusan/Sosan begins

8:20 – Breakfast

8:30 – Samu and Rest

9:30 – Sutras

10:00 – Zazen

11:00 – Extended Kinhin

11:30 – Zazen

12:00 p.m. – Lunch (**Weekend Only Sesshin**)

Participants leave at noon on SUNDAY

12:30 – Samu and Rest

2:30 – Zazen

3:00 – Teisho

(Zazenkai Participants leave after Teisho on Saturday)

3:35 – Dokusan/Sosan

5:00 – Extended Kinhin

6:00 – Dinner

6:30 – Rest

7:30 – Zazen

8:00 – Zazen/Dokusan/Sosan

8:45 Daily Ending Ceremony (**Extended Sesshin Participants continue schedule until**

TUESDAY)

Tuesday, May 21st

6:25am – Tea in the Zendo

6:30 - Zazen

6:50 - Kentan

7:00 - Zazen

7:05 – Sosan

8:20 – Breakfast

8:30 – Samu and Rest

9:30 – Sutras

10:00 – Zazen

11:00 – Ending Sesshin Ceremony