

Introduction to Sesshin

Led by Dharma Holder Ensho Berge
March 22 – 24 2007

Draft

<u>Thursday Evening, May 22</u>	<u>Friday, May 23</u>	<u>Saturday May 24</u>
6:00 p.m. Informal Meal & Registration	5:30 a.m. Wake up	5:30 a.m. Wake up
6:30 Oryoki Instruction	5:45 Waking the Body: Outside Kinhin (optional)	5:45 Waking the Body: Outside Kinhin (optional)
7:25 Be in your seat	5:55 Be in your seat	5:55 Be in your seat
7:30 Zazen	6:00 Zazen	6:00 Zazen
8:05 Kinhin	6:25 Kinhin	6:25 Kinhin
8:15 Zazen	6:30 Zazen	6:30 Zazen
8:50 Four Vows	7:00 Service	7:00 Service
9:30 Lights Out	7:30 Oryoki Breakfast/Rest	7:30 Oryoki Breakfast/Rest
	9:00 Samu (Report to Dining Room)**	9:00 Samu (Report to Dining Room)**
	10:00 End of Samu	10:00 End of Samu
	10:25 Be in your seat	10:25 Be in your seat
	10:30 Zazen	10:30 Zazen
	11:00 Dharma Talk/Outside Kinhin	11:00 Dharma Talk/Outside Kinhin
	12:10 Zazen	12:10 Zazen
	12:40 p.m. Service	12:40 p.m. Service
	1:00 Oryoki Lunch/Rest	1:00 Oryoki Lunch/Rest
	3-3:45 Stretching Zazen	3p.m. Zazen
	4:10 Zazen	3:30 Closing council
	4:40 Kinhin	4:00 Four vows and bows
	4:50 Zazen	
	5:20 Service	4:10 Cookies in the Sangha House
	5:35 Oryoki Supper/Rest	End of Sesshin***
	7:25 Be in your seat	
	7:30 Zazen	
	8:00 Kinhin	
	8:10 Zazen	
	8:40 Four Vows & Bows, Kinhin	
	9:30 Lights Out	

Observe these Precautions at all times during Sesshin

Maintain Silence. A Great Silence. Do not talk.

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.

** Servers: Samu begins at 9:15 am
*** Please leave your sleeping area clean and orderly. (Ask Gemmon for cleaning supplies.) Please return room key to the office for your \$20 deposit.