

Zazenkai

Led by Tina Jitsujo Gauthier

Friday, August 10

7:00 p.m. Self-Registration
7:25 Be in your seat
7:30 Zazen
8:05 Kinhin
8:15 Zazen/Oryoki Instruction
8:50 Four Vows, Bows &
Evening Gatha

Saturday, August 11

5:45 a.m. Waking up the Body:
Outside Walking Zen
(Optional)
5:55 a.m. Be in your seat
6:00 Zazen
6:25 Kinhin
6:30 Zazen
7:00 Verse of the Kesa
7:05 Oryoki Breakfast/
Rest and Reflection
8:25 Be in the Buddha Hall
8:30 Service
9:00 Zazen/Interview
9:35 Outside Walking
9:45 Zazen/Interview
10:20 Outside Walking
10:30-10:50 Zazen/Interview
11:00-11:50 Mindful Work
12:00 p.m. Oryoki Lunch
Rest and Reflection
2:00 Zazen
2:30 Outside Walking
2:40 Dharma Talk in the Zendo
3:30 Outside Walking
3:40 Zazen
4:15 Outside Walking
4:25 Zazen
5:00 Four Vows/Bows/Closing
End Silence, Informal Snack

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.

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