## Zazenkai

## Led by Deb Faith-Mind Thoresen

## Friday, February 7

## Saturday, February 8

Four Vows/Bows

Closing/End of silence

After Zazen Informal Snack

7:00 p.m.	Self-Registration		5:45 a.m.	Waking up the Body:
				Outside Walking Zen
7:25	Be in your seat			(Optional)
7:30	Sensei's Entry/Zazen		5:55 a.m.	Be in your seat
8:05	Kinhin		6:00	Zazen
8:15	Zazen/Oryoki Instruction		6:25	Kinhin
8:50	Four Vows and Bows	S	6:30	Zazen
			7:00	Oryoki Breakfast/
Observe these Precautions				Rest and Reflection
at all times during Zazenkai			8:25	Be in the Buddha Hall
Maintain Silence. A Great Silence. Do not talk. Be silent in Body, Speech, and Mind.			8:30	Buddha's Parinirvana
				Service (open to all)
			9:00	Zazen/Interview
			9:35	Kinhin
Maintain lowered eyes. Do not look around.			9:45	Zazen/Interview
			10:20	Kinhin
Maintain zazenkai etiquette. Do not engage in social greetings or courtesies.				Zazen/Interview
			10.30 10.30	
			11:00-11:50	Mindful Work
			12:00 p.m.	Oryoki Lunch
Maintain o	amadhi (unified			Rest and Reflection
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mind). Do not leak your samadhi or the samadhi of others.			2:00	Zazen
			2:35	Dharma Talk in the Zendo
			3:30	Kinhin
If you have any problems or are unable to follow the			3:40	Zazen
			4:15	Kinhin
schedule, p	lease inform the		4:25	Zazen
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5:00

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

monitors.