

# Zazenkai

Led by Sensei Kipp Ryodo Hawley

## Friday, October 9

|           |                          |
|-----------|--------------------------|
| 7:00 p.m. | Self-Registration        |
| 7:25      | Be in your seat          |
| 7:30      | Zazen                    |
| 8:05      | Walking Zen              |
| 8:15      | Zazen/Oryoki Instruction |
| 8:50      | Four Vows and Bows       |

## Saturday, October 10

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

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