

Autumn Wind Sesshin -- October 15-22 2017

Led by Roshi Egyoku

Sunday Evening, Oct. 15

EVENING

- 6:00 p.m. Snack
- 6:30 Registration
- 7:25 Be in your seat
- 7:30 Abbot's Greeting Round
- 7:30-8:05 Zazen/Opening Remarks
- 8:05-8:15 Kinhin
- 8:15-8:50 Zazen/Oryoki instruction
- 8:50 Four Vows/Bows/
Evening Gatha
- 9:30 Lights Out

Monday, October 16

BODHIDHARMA'S WALL GAZING

You may re-enter the Zendo up to 8 minutes past the hour.

DAWN

- 5:00 a.m. Wake-up
- 5:15-5:55 Waking the Body:
Outside Walking Zen
(join at any time)
- 6-6:50 Zazen/Kinhin¹
- 7-7:20 Zazen, Verse of the Kesa
- 7:25 Oryoki Breakfast/Rest

MORNING

- 9-9:50 Samu,² Training
- 10-10:50 Zazen/Walking Zen³
- 11-11:50 Zazen
- 11:50 Oryoki Lunch/Rest

AFTERNOON

- 2-2:50 Yoga – Dharma Hall
- 3-3:50 Zazen/Walking Zen³
- 4-4:50 Zazen
- 4:50 Oryoki Supper/Rest

EVENING

- 7-7:50 Zazen
- 7:50-8 Kinhin
- 8-8:50 **Teisho: Roshi Egyoku**
- 8:50 Four Vows/Bows/
Evening Gatha
- 9:30 Lights Out

¹ 10 min inside slow kinhin. Please remain in the Zendo.

² Report to Jizo Garden

³ Chinese style outside Kinhin

Tuesday, October 17 through Friday, October 20

DAWN

- 5:00 a.m. Wake up
- 5:15 Waking the Body:
Outside Walking Zen
(join at any time)
- 5:25 Be in your seat
- Abbot's Entry
- 5:30-6:05 Zazen
- 6:05-6:15 Kinhin
- 6:15-6:50 Zazen, Verse of Kesa
- 6:50 Service
- 7:25 Oryoki Breakfast/Rest

MORNING

- 9:00 Samu^{4, 2}
- 10:30 End of Samu
- 10:50 Be in your seat
- 10:55-11:25 Zazen
- 11:25-11:35 Walking Zen³
- 11:35-12:10 Zazen
- 12:10 p.m. Service
- 12:30 Oryoki Lunch/Rest

AFTERNOON

- 2:30-3:15 Yoga - Dharma Hall
- 3:30-4:05 Zazen
- 4:05-4:15 Walking Zen⁴
- 4:15-4:50 Zazen
- 4:50-5 Walking Zen⁴
- 5-5:30 Zazen
- 5:30 Service
- 5:40 Oryoki Supper/Rest

EVENING

Tuesday-Thursday

- 7:25 Be in your seat
- 7:30-7:50 Zazen
- 7:50-8:00 Kinhin

8:00-8:50 Dharma talks:

Tuesday tbd

Wednesday tbd

Thursday tbd

Friday

- 7:25 Be in your seat
- 7:30-8:05 Zazen
- 8:05-8:15 Kinhin
- 8:15-8:50 Zazen

All Evenings

- 8:50 Four Vows/Bows/
Evening Gatha
- 9:30 Lights Out

⁴ Shuso Ceremony Rehearsals start on Wednesday in the Zendo during Samu.

Saturday, October 21

BODHIDHARMA'S WALL GAZING

You may re-enter the Zendo up to 8 minutes past the hour.

DAWN

- 5:00 a.m. Wake-up
- 5:15-5:55 Waking the Body:
Outside Walking Zen
(join at anytime)
- 6-6:50 Zazen/Kinhin
- 7-7:20 Zazen, Verse of the Kesa
- 7:25 Oryoki Breakfast/Rest

MORNING

- 9-10:45 Samu^{4, 2} - Full Dress
Rehearsal for Head
Trainee
- 11-11:50 Zazen/ Walking Zen³
- 11:50 Oryoki Lunch/Rest

AFTERNOON

- 2-2:50 Honsaku Gyocha
rehearsal
- 3-3:50 Zazen/Walking Zen³
- 4-4:50 Zazen
- 4:50 Oryoki Supper/Rest

EVENING

- 7 p.m. Zazen
- 7:30- 8 **Honsaku Gyocha**
Ritual presentation of
Shuso's Case &
Tea. **All invited.**
- 8-8:10 Kinhin
- 8:10 Zazen
- 8:50 Four Vows/Bows
- 9:30 Lights Out

Sunday, October 22

DAWN

- 5 a.m. Wake-up
- 5:15-5:55 Outside Walking Zen,
(join at anytime)
- 6-6:50 Zazen/Kinhin
- 7-7:20 Zazen, Verse of the Kesa
- 7:25 Oryoki Breakfast/Rest

MORNING

- 9 a.m. Hossen set-up (Samu,
room cleaning)
- 11 a.m. **Dharma Combat** with
Shuso Darla Myoho
Fjeld
- 12:30 Celebratory Lunch
(following Group Photo)