

Introduction to Sesshin

Led by Dharma-Holder Jeanne Dokai Dickenson
March 9 (eve) -11, 2017

Thurs Eve., March 9

5 p.m. Pre-Sesshin meeting
for Jisha, Monitors, Jikido &
Tenzos

6:00 p.m. Light Dinner

6:30 Registration

7:25 Be in your seat

7:30-8:05 Zazen

8:05-8:15 Kinhin

8:15-8:50 Zazen/Oryoki
Instruction

8:50 Four Vows/Bows

9:30 Lights Out

Friday, March 10

DAWN

5:15 a.m. Wake up

5:30 Waking the Body:
Outside Kinhin
(optional)

5:40 Be in your seat
Leader Entry

5:45 Zazen

6:15 Kinhin

6:25 Zazen

6:55 Service

7:25 Oryoki Breakfast/
Rest

Saturday March 11

DAWN

5:15 a.m. Wake up

5:30 Waking the Body:
Outside Kinhin
(optional)

5:40 Be in your seat
Leader Entry

5:45 Zazen

6:15 Kinhin

6:25 Zazen

6:55 Service

7:25 Oryoki Breakfast/
Rest

Observe these Precautions at all times during Sesshin

Maintain Silence — a Great
Silence. Do not talk. Be silent
in Body, Speech, and Mind.

Maintain lowered eyes. Do not
look around.

Maintain sesshin 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.

MORNING

9:00 Samu (Report to
Jizo Garden)

10:20 End of Samu

10:35 Be in your seat

10:40 Zazen

11:10 Outside Walking

11:20 Zazen

11:50 Service

12:20 Oryoki Lunch/Rest

MORNING

9:00 Samu (Report to
Jizo Garden)

10:20 End of Samu

10:35 Be in your seat

10:40 Zazen

11:10 Outside Walking

11:20 Zazen

11:50 Service

12:20 Oryoki Lunch/Rest

AFTERNOON

2:40-3:30 Yoga (Sesshin
participants only)

3:50 Zazen

4:20 Outside Walking

4:30 Zazen

5:00 Service

5:15 Oryoki Supper/Rest

AFTERNOON

2:30 Zazen

3:00 Outside Walking

3:10 Zazen

3:50 Closing Circle (in
Buddha Hall –
Sesshin
participants)

4:50 Four Vows/ bows
(Zendo)

5:00 Tea & Cookies in
Sangha House

End of Sesshin*

EVENING

7:25 Be in your seat

7:30 Zazen

7:50 Kinhin

8:00 Dharma Talk

8:50 Four Vows & Bows

9:30 Lights Out

* Please leave your sleeping area clean and orderly. (Ask Samu Leader for cleaning supplies.) Please return room key to the Gueststeward Mailbox in the Sangha House.