

Growing a Plum Blossom Sesshin

led by Roshi Egyoku, May 23 eve - 27, 2018

Wed, May 23

EVENING

6:00	Snack
6:30	Registration
7:25	Be in your seat
7:30	Abbot Jundo Opening Remarks
8:05	Kinhin
8:15	Zazen
8:50	Four Vows/Bows Evening Gatha
9:30	Lights Out

SESSHIN

PRECAUTIONS

Observe at all times.

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

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.

Thurs, May 24-

Sat, May 26 *

DAWN

5:00	Wake-up
5:15-6:00	Waking the body: Outside Walking Zen (join anytime)
6-6:50	Zazen
6:50	Kinhin
7-7:25	Zazen/Verse of Kesa
7:30	1-Bowl Breakfast

MORNING

9-9:50	Samu
10-10:50	Zazen
10:50	Outside Walking
11-11:50	Zazen
11:55	1-Bowl Lunch Rest

AFTERNOON

2-2:50	Yoga
3-3:50	Zazen
3:50	Outside Walking
4-4:50	Zazen
4:50	Outside Walking
5-5:25	Zazen
5:30	1-Bowl Dinner

EVENING

7-7:50	Zazen
7:50	Outside Walking
8-8:50	Zazen
8:50	Four Vows/Bows Evening Gatha
9:30	Lights out

Sun, May 27

DAWN

5:00	Wake-up
5:15-6:00	Waking the body: Outside Walking Zen (join anytime)
6-6:50	Zazen
6:50	Kinhin
7-7:25	Zazen/Verse of Kesa
7:30	1-Bowl Breakfast

MORNING

9-9:50	Samu
10-10:50	Zazen
10:50	Outside Walking
11-11:50	Zazen
11:55	1-Bowl Lunch Rest

FINAL AFTERNOON

2-2:50	Zazen
2:50	Outside Walking
3-3:50	Zazen
4-4:50	Closing Circle -- Buddha Hall
4:50-5	4 Vows/Bows - Zendo

END OF SESSHIN

GENERAL NOTES:

- You may re-enter the Zendo up to 8 minutes past the hour. The bell rings at 10 minutes past.
- Please leave your sleeping area clean and orderly. Return room key to the Guest Steward Mailbox in the Sangha House.