

Rohatsu Sesshin 2018

Friday, November 30 (eve)-Saturday, December 8

Led by Roshi Egyoku & Sensei Ryodo

Fri. Evening, November 30

EVENING

6:00 Snack
6:30 Registration
7:25 Be in your seat
7:30 Abbot's Greeting Round
Zazen-Opening Remarks
8:05 Kinhin
8:15 Zazen/Oryoki Instruction
8:50 4 Vows/Bows/Gatha
9:30 Lights out

Sat. & Sun., Dec. 1 & 2

BODHIDHARMA'S WALL GAZING

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

DAWN

5:00 Wake-up
5:15-5:55 Waking the Body:
Outside Walking Zen
(Join anytime)
6-6:50 Zazen/ Kinhin¹
7-7:20 Zazen, Verse of the Kesa
7:25 Oryoki Breakfast/Rest

MORNING

9-9:50 Samu³ Training:
10-10:50 **Encouraging Words**
Zazen/ Walking Zen⁴
11-11:50 Zazen
11:55 Oryoki Lunch/Rest

AFTERNOON

2-2:45 Yoga-Dharma Hall
3-3:50 **Reading²**, Zazen
Walking Zen⁴
4-4:50 Zazen
4:55 Oryoki Supper/Rest

SAT EVENING

7-7:50 Zazen
7:50-8 Kinhin¹
8-8:50 Zazen

SUN EVENING

7-7:50 Zazen
7:50-8 Kinhin¹
8-8:50 **Teisho by Roshi** -Zendo

SAT & SUN. EVENING

8:50 4 Vows/Bows/Gatha
9-9:30 Optional Zazen
10:00 Lights out

¹ 10 min inside kinhin. Please remain in
the Zendo during Wall Gazing days.

² Group Reading of **Eihei Koso**
Hotsuganmon

³ Report to Jizo Garden, Servers start
Samu at 9:20 a.m.

⁴ Chinese style outside Kinhin

Monday, Dec. 3 through

Friday, Dec. 7

DAWN

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

MORNING

9:00 Samu³
10:30 End of Samu
10:50 **Encouraging Words**
Zazen
11:25 Walking Zen⁴
11:35 Zazen
12:10 Service
12:30 Oryoki Lunch/Rest

AFTERNOON

2:30-3:15 Yoga-Dharma Hall
3:30-4:05 **Reading²**, 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 M-Thurs

7:25 Be in your seat
7:30 Zazen
7:50 Kinhin
8-8:50 **Dharma Talks**
Mon Sensei Faith-Mind
Tue Sensei Ryodo
Wed Dharma-Holder Senshin
Thurs Rev. Shogen

EVENING Fri.

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

ALL EVENINGS Mon-Fri

8:50 4 Vows/Bows/Gatha
9-9:30 Optional Zazen
10:00 Lights out

⁵ Please leave your sleeping area spotless
for next guest, take trash out, & vacuum.
Leave keys in Guest Steward mailbox.

Saturday, December 8

BODHIDHARMA'S WALL GAZING

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

DAWN

5 a.m. Wake-up
5:15-5:55 Waking the body:
Outside Walking Zen
(Join anytime)
6-6:40 Zazen, Verse of Kesa
6:50 Bodhi-Day Service
7:25 Oryoki Breakfast/Rest

MORNING

9-9:50 Samu/Clean Room
Checkout⁵
10-10:50 **Encouraging Words**
Zazen/Walking Zen⁴
11-11:50 Zazen
11:55 Oryoki Lunch/Rest

AFTERNOON

2-2:50 **Reading²** Zazen /
Walking Zen⁴
3-3:40 Zazen
3:50 Council
4:50 4 Vows/Bows
5:00 End of Sesshin

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.