

# Introduction to Sesshin

Led by Koan Janka

March 29 – 31 2007

## Thursday Evening, March 29

6:00 p.m. Informal Meal &  
Registration  
6:30 Oryoki Instruction  
7:25 Be in your seat  
7:30 Zazen  
8:05 Kinhin  
8:15 Zazen  
8:50 Four Vows  
9:30 Lights Out

## Friday, March 30

5:30 a.m. Wake up  
5:45 Waking the Body:  
Outside Kinhin  
(optional)  
5:55 Be in your seat  
6:00 Zazen  
6:25 Kinhin  
6:30 Zazen  
7:00 Service  
7:30 Oryoki Breakfast/  
Rest  
9:00 Samu (Report to  
Dining Room)\*\*  
10:00 End of Samu  
10:25 Be in your seat  
10:30 Zazen  
11:00 Dharma Talk/Outside  
Kinhin  
12:10 Zazen  
12:40 p.m. Service  
1:00 Oryoki Lunch/Rest  
3-3:45 Stretching Zazen  
4:10 Zazen  
4:40 Kinhin  
4:50 Zazen  
5:20 Service  
5:35 Oryoki Supper/Rest  
7:25 Be in your seat  
7:30 Zazen  
8:00 Kinhin  
8:10 Zazen  
8:40 Four Vows & Bows,  
Kinhin  
9:30 Lights Out

## Saturday March 31

5:30 a.m. Wake up  
5:45 Waking the Body:  
Outside Kinhin  
(optional)  
5:55 Be in your seat  
6:00 Zazen  
6:25 Kinhin  
6:30 Zazen  
7:00 Service  
7:30 Oryoki Breakfast/  
Rest  
9:00 Samu (Report to  
Dining Room)\*\*  
10:00 End of Samu  
10:25 Be in your seat  
10:30 Zazen  
11:00 Dharma Talk/Outside  
Kinhin  
12:10 Zazen  
12:40 p.m. Service  
1:00 Oryoki Lunch/Rest  
3p.m. Zazen  
3:30 Closing council  
4:00 Four vows and bows  
4:10 Cookies in the Sangha  
House  
End of Sesshin\*\*\*

Observe these Precautions  
at all times during Zazenkai

Maintain Silence. A Great  
Silence. Do not talk.

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.

\*\* Servers: Samu begins at 9:15 am  
\*\*\* Please leave your sleeping area  
clean and orderly. (Ask Gemmon for  
cleaning supplies.) Please return room  
key to the office for your \$20 deposit.