

2008 Maezumi Roshi Memorial Sesshin

July 20 - 26

Led by Roshi Egyoku

Sunday Evening, July 20

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
9:30	Lights Out

Monday, July 21

BODHIDHARMA'S WALL GAZING

You may re-enter the Zendo up to 10 minutes past the hour.

DAWN

5:00AM	Wake-up
5:15 - 5:50	Waking the Body: Outside Kinhin (Join at Anytime)
5:55	Be in your seat
6 - 6:50	Zazen/Kinhin
7 - 7:20	Zazen
7:25	Oryoki Breakfast/Rest

MORNING

9 - 9:50	Samu* Training: Service Position & Altar Cleaning
10 - 11:50	Zazen/Kinhin
11:50	Oryoki Lunch/Rest

AFTERNOON

2 - 2:50	Zazen/Kinhin
3 - 3:50	Zazen/Kinhin
4 - 4:50	Zazen
4:50	Oryoki Supper/Rest

EVENING

7:00 - 7:50	Zazen
7:50 - 8:00	Kinhin
8:00 - 8:50	Zazen
8:50	Four Vows/Bows
9 - 9:30	Optional Zazen
10:00	Lights Out

Tuesday, July 22 through Friday,

July 25

DAWN

5:00 a.m.	Wake up
5:15	Waking the Body: Outside Kinhin (Join at Anytime)
5:25	Be in your seat
5:30-6:05	Zazen
6:05-6:15	Kinhin
6:15-6:50	Zazen
6:50	Service
7:25	Oryoki Breakfast/Rest

MORNING

9:00	Samu*
10:30	End of Samu
10:45	Be in your seat
10:50-11:25	Zazen
11:25-11:35	Kinhin
11:35-12:10	Zazen
12:10-12:35	Stretching in Zendo: Tu, Th, Fr; Wed: Outside Kinhin or Stretch/Zazen (heat)
12:35PM	Service
1:00	Oryoki Lunch/Rest

AFTERNOON

3-3:45	Zazen
3:45-4:00	Outside Kinhin
4:10-4:45	Zazen
4:45-4:55	Kinhin
4:55-5:30	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	Teisho in Zendo

Wednesday & Friday

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

All Evenings

8:50	Four Vows/Bows
9:00-9:30	Optional Zazen
10:00	Lights Out

Saturday, July 26

BODHIDHARMA'S WALL GAZING

You may re-enter the Zendo up to 10 minutes past the hour.

DAWN

5:00 a.m.	Wake-up
5:15 - 5:50	Waking the Body: Outside Kinhin (Join at Anytime)
5:55	Be in your seat
6 - 6:50	Zazen/Kinhin
7 - 7:20	Zazen
7:25	Oryoki Breakfast/Rest

MORNING

9 - 9:50	Samu*
10 - 11:50	Zazen/Kinhin
11:50	Oryoki Lunch/Rest

AFTERNOON

2 - 2:50	Zazen/Kinhin
3 - 3:50	Zazen/Kinhin
4 - 4:50	Zazen
4:50	Oryoki Supper/Rest

**Room cleanup and checkout

EVENING

7 - 7:50	Zazen
7:50	Council
8:50	Four Vows/End of Sesshin
9:00	Tea & Cookies

Observe these Precautions at all times during Sesshin

Maintain Silence. A Great Silence. 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.

* Report to Jizo Garden

**Please leave your sleeping area clean and orderly. (Ask Yudo for cleaning supplies.)