

# 2011 Rohatsu Sesshin

## December 2-10

Led by Sensei Kodo Boyd

### Friday Evening, December 2

#### 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

### Sat & Sun, December 3 & 4

#### BODHIDHARMA'S WALL GAZING

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

#### DAWN

- 5:00 a.m. Wake-up  
5:15- 5:50 Waking the Body:  
Outside Walking Zen<sup>4</sup>  
(Join at Anytime)  
6 - 6:50 Zazen/Kinhin<sup>1</sup>  
7 - 7:30 Zazen, Verse of the Kesa  
7:35 Oryoki Breakfast/Rest

#### MORNING

- 9 - 9:50 Samu<sup>2, 3</sup>  
Training: Service Position  
& Altar Cleaning  
10- 10:50 Zazen/ Walking Zen<sup>4</sup>  
11- 11:50 Zazen  
11:50 Oryoki Lunch/Rest

#### AFTERNOON

- 2 - 2:50 Zazen/Walking Zen<sup>4</sup>  
3 - 3:50 Zazen/Walking Zen<sup>4</sup>  
4 - 4:50 Zazen  
4:50 Oryoki Supper/Rest

#### SAT EVENING

- 7:00 - 7:50 Zazen  
7:50 - 8:00 Kinhin<sup>1</sup>  
8:00 - 8:50 Zazen  
8:50 Four Vows/Bows  
9 - 9:30 Optional Zazen  
10:00 Lights Out

#### SUN EVENING

- 7:00 - 7:50 Zazen  
7:50 - 8:00 Kinhin<sup>1</sup>  
8:00 - 8:50 Dharma Talk in Zendo  
8:50 Four Vows/Bows  
9 - 9:30 Optional Zazen  
10:00 Lights Out

### Monday, December 5 through Friday, December 9

#### DAWN

- 5:00 a.m. Wake up  
5:15 Waking the Body:  
Outside Walking Zen  
(Join at Anytime)  
5:25 Be in your seat  
Abbot's Entry  
5:30-6:05 Zazen  
6:05-6:15 Kinhin<sup>1</sup>  
6:15 Zazen  
6:50 Verse of the Kesa  
6:55 Service  
7:25 Oryoki Breakfast/Rest

#### MORNING

- 9:00 Samu<sup>2,3</sup>  
10:30 End of Samu  
10:50 Be in your seat  
10:55-11:25 Zazen  
11:25-11:35 Kinhin<sup>1</sup>  
11:35-12:10 Zazen  
12:10 p.m. Service  
12:30 Oryoki Lunch/Rest

#### AFTERNOON

- 2:30-3:15 Stretching Yoga in  
the Dharma Hall  
3:30-4:05 Zazen  
4:05-4:15 Walking Zen<sup>4</sup>  
4:15-4:50 Zazen  
4:50-5:00 Walking Zen<sup>4</sup>  
4:00-5:30 Zazen  
5:30 Service  
5:40 Oryoki Supper/Rest

#### EVENING

##### Monday, Wednesday, Friday

- 7:25 Be in your seat  
7:30-8:05 Zazen  
8:05-8:15 Kinhin<sup>1</sup>  
8:15-8:50 Zazen

##### Tuesday, Thursday

- 7:25 Be in your seat  
7:30-7:50 Zazen  
7:50-8:00 Kinhin<sup>1</sup>  
8:00-8:50 Dharma Talk in Zendo

##### All Evenings Monday-Friday

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

### Saturday, December 10

#### BODHIDHARMA'S WALL GAZING

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

#### DAWN

- 5:00 a.m. Wake-up  
5:15- 5:50 Waking the Body:  
Outside Walking Zen  
(Join at Anytime)  
6 - 6:50 Zazen/Kinhin<sup>1</sup>  
7 - 7:30 Zazen, Verse of the Kesa  
7:35 Oryoki Breakfast/Rest

#### MORNING

- 9 - 9:50 Samu  
10- 10:50 Zazen/ Walking Zen<sup>4</sup>  
11- 11:50 Zazen  
11:50 Oryoki Lunch/Rest

#### AFTERNOON

- 2 - 2:50 Zazen/Walking Zen<sup>4</sup>  
3 - 3:50 Zazen/Walking Zen<sup>4</sup>  
4 - 4:50 Zazen  
4:50 Oryoki Supper/Rest

Room cleanup and checkout<sup>5</sup>

#### 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. 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.

<sup>1</sup> 10 min inside kinhin. Please remain in the Zendo during Wall Gazing days.

<sup>2</sup> Report to Jizo Garden

<sup>3</sup> Servers start Samu at 9:20 a.m.

<sup>4</sup> Chinese style outside Kinhin

<sup>5</sup> Please leave your sleeping area clean and orderly.