

Draft

Spring Sesshin

Led by Sensei Merle Kodo Boyd
March 25 – 27, 2010

Thursday Evening, March 25

5:30 Pre-Sesshin meeting for Jisha,
Monitors Jikido and Tenzo

6:00 p.m. Light Dinner

6:30 Registration

7:25 Be in your seat

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

Friday, March 26

DAWN

5:15 a.m. Wake up

5:30 Waking the Body:
Outside Kinhin
(optional)

5:40 Be in your seat
Head Trainee Entry

5:45 Zazen

6:20 Kinhin

6:30 Zazen

7:00 Service

7:30 Oryoki Breakfast/
Rest

MORNING

9:00 Samu (Report to
Jizo Garden)

10:00 End of Samu

10:15 Be in your seat

10:20 Zazen

10:55 Dharma Talk

11:50 Zazen

12:20 p.m. Service

12:40 Oryoki Lunch/Rest

AFTERNOON

2:45-3:30 Stretching Zazen

3:45 Zazen

4:20 Kinhin

4:30 Zazen

5:00 Service

5:15 Oryoki Supper/Rest

EVENING

7:25 Be in your seat

7:30 Zazen

8:05 Kinhin

8:15 Zazen

8:50 Four Vows & Bows

9:30 Lights Out

Saturday March 27

DAWN

5:15 a.m. Wake up

5:30 Waking the Body:
Outside Kinhin
(optional)

5:40 Be in your seat
Head Trainee Entry

5:45 Zazen

6:20 Kinhin

6:30 Zazen

7:00 Service

7:30 Oryoki Breakfast/
Rest

MORNING

9:00 Samu (Report to
Jizo Garden)

10:00 End of Samu

10:15 Be in your seat

10:20 Zazen

10:55 Dharma Talk

11:50 Zazen

12:20 p.m. Service

12:40 Oryoki Lunch/Rest

AFTERNOON

2:45-3:30 Stretching Zazen

3:45 Zazen

4:20 Kinhin

4:30 Zazen

5:00 Service

5:15 Oryoki Supper/Rest

EVENING

7:30 Zazen

8:15 Kinhin building the circle

8:30 Closing Council
followed by Four Vows
and bows.

9:30 Cookies in the Sangha House
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.

*** Please leave your sleeping area clean and orderly. (Ask Gemmon for cleaning supplies.) Please return room key to the Gueststeward Mailbox in the Sangha House