

Rohatsu Sesshin 2018

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

Led by Roshi Egyoku

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 **Reading²**, Zazen,
Verse of the Kesa
- 7:25 Oryoki Breakfast/Rest

MORNING

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

AFTERNOON

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

SAT EVENING

- 7-7:50 **Reading²**, Zazen
- 7:50-8 Kinhin¹
- 8-8:50 Zazen

SUN EVENING

- 7-7:50 **Reading²**, 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 **TBD**

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 **Reading²**, Zazen,
Verse of the Kesa
- 6:50 Service
- 6:50 Bodhi-Day Service**
Friday. 12/8
- 7:25 Oryoki Breakfast/Rest

MORNING

- 9:00 Samu³
- 10:30 End of Samu
- 10:50 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 **Encouraging Words**
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

- 7:25 Be in your seat
- 7:30 **Reading²**, Zazen
- 7:50 Kinhin
- 8-8:50 **Dharma Talks**

Mon

Tue

Wed

Thurs

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)
- 6-6:50 Zazen/Kinhin¹
- 7-7:20 **Reading²**, Zazen, Verse
of Kesa
- 7:25 Oryoki Breakfast/Rest

MORNING

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

AFTERNOON

- 2-2:50 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.