

# Zazenkai

Led by Bill Earth-Mirror Corcoran

Friday, August 11

7:00 p.m. Self-Registration  
7:25 Be in your seat  
7:30 Zazen  
8:05 Kinhin  
8:15 Zazen/Oryoki Instruction  
8:50 Four Vows, Bows,  
Evening Gatha

Observe these Precautions  
at all times during Zazenkai

Maintain Silence. A Great  
Silence. Do not talk. Be silent  
in Body, Speech, and Mind.

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.

If you have any problems or  
are unable to follow the  
schedule, please inform the  
monitors.

Saturday, August 12

5:45 a.m. Waking up the Body:  
Outside Walking Zen  
(Optional)  
5:55 a.m. Be in your seat  
6:00 Zazen  
6:25 Kinhin  
6:30 Zazen  
7:00 Oryoki Breakfast/  
Rest and Reflection  
8:25 Be in the Buddha Hall  
8:30 Service  
9:00 Zazen/Interview  
9:35 Outside Walking  
9:45-10:10 Zazen/Interview  
**10:20-11:50 Jukai Rehearsal/Mindful  
Work**  
12:00 p.m. Oryoki Lunch  
Rest and Reflection  
2:00 Zazen  
2:30 Outside Walking  
2:40 Dharma Talk in the Zendo  
3:30 Outside Walking  
3:40 Zazen  
4:15 Outside Walking  
4:25 Zazen  
5:00 Four Vows/Bows/Closing  
End of silence  
Informal Snack

Silence is maintained until 5:00 p.m., Saturday