

# Just Summer Sesshin July 21 (eve) – 27

Led by Roshi Ryodo Hawley

## Sunday Evening, July 21

### EVENING

- 6:00 p.m. Snack  
6:30 Registration  
7:25 Be in your seat  
7:30 Leader'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 Evening Gatha  
9:30 Lights Out

## Monday, July 22

### BODHIDHARMA'S WALL GAZING

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

### DAWN

- 5:15 a.m. Wake-up  
5:30-6:00 Waking the Body: Outside Walking Zen (Join at any time)  
6-6:50 Zazen  
6:50 Walking Zen<sup>1</sup>  
7-7:25 Zazen, Verse of the Kesa  
7:30 Oryoki Breakfast/Rest

### MORNING

- 9-9:50 Samu<sup>2</sup>  
Training: Service Position & Altar Cleaning  
10-10:50 Zazen  
10:50 Walking Zen<sup>1</sup>  
11-11:50 Zazen  
11:50 Oryoki Lunch/Rest

### AFTERNOON

- 2-2:45 Yoga in Dharma Hall  
3-3:50 Zazen  
3:50 Walking Zen<sup>1</sup>  
4-4:50 Zazen  
4:50 Oryoki Supper/Rest

### EVENING

- 7-7:50 Zazen  
7:50-8 Walking Zen<sup>1</sup>  
8-8:50 Zazen  
8:50 4 Vows/Bows Evening Gatha  
9:30 Lights Out

## Tuesday, July 23 through Friday, July 26

### DAWN

- 5:00 a.m. Wake up  
5:15 Waking the Body: Outside Walking Zen (Join at any time)  
5:25 Be in your seat  
5:30-6:05 Zazen  
6:05-6:15 Kinhin  
6:15-6:50 Zazen, Verse of Kesa  
6:55 Service  
7:25 Oryoki Breakfast/Rest

### MORNING

- 9:00 Samu<sup>2</sup>  
10:30 End of Samu  
10:45 Be in your seat  
10:50-11:25 Zazen  
11:25-11:35 Walking Zen<sup>1</sup>  
11:35-12:10 Zazen  
12:10 p.m. Service  
12:30 Oryoki Lunch/Rest

### AFTERNOON

- 2:30-3:15 Yoga in Dharma Hall  
3:35-4:10 Zazen  
4:10-4:20 Walking Zen<sup>1</sup>  
4:20-4:55 Zazen  
**Tuesday & Thursday**  
4:55-5:30 Slow outside kinhin in the garden

### **Wednesday & Friday**

- 4:55-5:30 Meandering – not a break, follow the spirit, wander grounds

### **Tuesday-Friday**

- 5:30 Service  
5:40 Oryoki Supper/Rest

### EVENING

#### **Tuesday, Thursday, Friday**

- 7:25 Be in your seat  
7:30-7:50 Zazen  
7:50-8 Kinhin  
**8-8:50 Dharma Talk by Roshi Ryodo**

#### **Wednesday**

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

#### **All Evenings Monday-Friday**

- 8:50 Four Vows/Bows Evening Gatha  
9:30 Lights Out

## Saturday, July 27

### BODHIDHARMA'S WALL GAZING

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

### DAWN

- 5:15 a.m. Wake-up  
5:30-6 Waking the Body: Outside Walking Zen (Join at any time)  
6-6:50 Zazen  
6:50 Walking Zen<sup>1</sup>  
7-7:25 Zazen, Verse of the Kesa  
7:30 Oryoki Breakfast/Rest

### MORNING

- 9-9:50 Samu<sup>2</sup>  
10-10:50 Zazen  
10:50 Walking Zen<sup>1</sup>  
11-11:50 Zazen  
11:50 Oryoki Lunch/Rest Room cleanup<sup>3</sup>

### AFTERNOON

- 2-2:50 Zazen  
2:50 Walking Zen<sup>1</sup>  
3-3:40 Zazen  
3:45 Council in Buddha Hall  
4:50 4 Vows/Bows in Zendo  
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.

<sup>1</sup> Chinese style outside Kinhin

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

<sup>3</sup> Please leave your sleeping area clean and orderly and leave your keys in the Guest Steward mailbox.