

ASZC ROHATSU SESSHIN

DAILY SCHEDULE

ROHATSU

Rohatsu sesshin is an opportunity to deepen your practice of shikantaza, the "just sitting" of Soto Zen Buddhism.

Elliston Sensei will lead a series of informal discussions on experience during zazen, and will offer dokusan.

Full attendance is encouraged, however as a lay practice we recognize responsibilities and also encourage partial attendance.

Please plan to attend the orientation on Monday and plan your entry and exit at break times. Commuters may join for the early morning zazen or arrive for the 8:30 assignment period.

Please be silent if leaving or arriving when full silence is being observed between Zendo evening closing until morning assignments (9:00 PM – 8:30 AM)

Morning (Tue – Sat)

06:00 AM	Open Zendo
06:00-07:30	Zazen+Kinhin (3 @ 25 - 05)
07:30-08:00	Cleaning
08:00-09:00	Breakfast
08:30	Assignments
09:00-12:00	Zazen+Kinhin (3 @ 50 - 10)
12:00-1:30	Lunch + Clean

Afternoon (Tue – Sat)

1:30-2:00	Break / Exercise
2:00-3:30	Zazen (2 @ 40 - 10)
3:30-4:30	Dialog
4:30-6:00	Zazen+Kinhin (2 @ 40 - 10)
6:00-7:30	Supper + Clean

Evening (Mon – Fri)

7:00-7:30	Orientation (Mon)
7:30	Open Zendo
7:30-9:00	Zazen+Kinhin (3 @ 25 - 05)
9:00 PM	Close Zendo

Saturday All Night

7:30 PM	Open Zendo
7:30 PM – 06:00 AM	Zazen Kinhin or break as needed
06:00 AM	Close Zendo Sesshin End!

Sesshin participants are welcome to rest at the center until the start of the regular Sunday morning program at 8:30 A.M.

Sunday Morning Public Day

08:30 AM	Open doors
09:00 AM	Open Zendo
09:00-10:30	Zazen+Kinhin (3 @ 25-05)
09:00	Newcomers
10:30	Service
10:30-12:00	Talk & Tea
12:00-01:00	Lunch (Off Site)