

ASZC BUDDHA SESSHIN

WED – SAT 3/3-3/6

SUNDAY MORNING

MARCH 2010 SCHEDULE

Buddha sesshin is an opportunity to deepen your practice of shikantaza, the “just sitting” of Soto Zen Buddhism.

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

Please plan to attend the orientation and plan your entry and exit at break times.

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

06:30 AM Open Zendo
06:30-08:00 Zazen+Kinhin
(3 @ 25 - 05)

08:00-09:00 Breakfast

09:00-12:00 Zazen+Kinhin
(3 @ 50 - 10)

12:00-1:30 Lunch + Clean
Assignments

Afternoon

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

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

9:00 PM Close Zendo

Public Day

06:30 AM Open Zendo
06:30-08:00 Zazen+Kinhin
(3 @ 25 - 05)

08:00-08:30 Breakfast

08:30-9:00 Cleaning
Prepare for Public

09:00 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)

Tuesday Evening March 2

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

