

**ASZC BUDDHA ZAZENKAI
APRIL 30 – MAY 2, 2002**

SATURDAY

SUNDAY MORNING

"Silent Zazenkai: Come and Experience the Thunder"

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.

After orientation and a brief Dharma talk Friday evening, we will observe complete silence until the early Sunday discussion about our experience. Attendees should come prepared to join the silence.

Friday Evening

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

Morning

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

1:30-2:00 Break / Exercise
2:00-3:30 Zazen
(2 @ 40 - 10)
3:30-4:30 Outdoor Kinhin
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

06:00 AM Open Zendo
06:00-07:30 Zazen+Kinhin
(3 @ 25 - 05)
07:30-08:00 Cleaning
08:00-08:30 Breakfast

08:30 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)

