

ASZC JUKAI ZAZENKAI

JUNE 2010 SCHEDULE

Jukai Sesshin is an opportunity for you to deepen your understanding of the teachings of Buddhism in the context of intensive zazen. Text materials will be provided and the sesshin leader will deliver a series of talks on the subject, and facilitate study periods and dialog.

During Jukai Sesshin you are encouraged to read only the material that is assigned. In this way you will be able to focus on the content offered, and through zazen, more fully integrate the content of the teaching into your direct experience. Please follow the schedule to the degree that you can (start/stop times do not show 5/10 minute kinhin/breaks):

FRIDAY EVENING JUNE 4

7:00-7:30 PM	Orientation
7:30	Open Zendo
7:30-9:00	Zazen-Kinhin (25/5 X 3)
9:00	Close Zendo

SATURDAY JUNE 5

6:00 AM	Wake Up Bell
6:30	Open Zendo
6:30-8:00	Zazen-Kinhin (25/5 X 3)
8:00	Service
8:00-9:00	Breakfast & Clean
9:00-10:30	Zazen-Kinhin Dokusan (40/10 X 2)
10:30	Hanya-Shingyo
10:45-12:00N	Precepts & Tea Discussion
12:00-1:00 PM	Lunch
1:00-2:00	Samu (Work) Rehearsal
2:00-3:30	Zazen-Kinhin Dokusan (25/5 X 3)
3:30-4:30	Study Hall
4:30-6:00	Zazen-Kinhin (25/5 X 3)
6:00-7:30	Supper
7:30	Open Zendo
7:30-9:00	Zazen-Kinhin (25/5 X 3)
9:00	Close Zendo

SUNDAY MORNING JUNE 6

6:00 AM	Wake Up Bell
6:30	Open Zendo
6:30-8:00	Zazen-Kinhin (25/5 X 3)
8:00-8:30	Breakfast
8:30-9:00	Prepare for Public
9:00	Newcomers / Open Zendo
9:00-10:30	Zazen-Kinhin (25/5 X 3)
10:30	Heart Sutra Service
11:00	JUKAI Ceremony
12:00-1:00 PM	Lunch (Offsite)

