

山門寺

Elder Sesshin Schedule

5:00 am	Zazen, Chanting, and Sanzen
7:30 am	Breakfast
8:00 - 10 am	Work
10 – 11 am	Rest
11 – 12 noon	Guided Metta Meditation in Kannon-do
12 noon	Lunch, followed by rest period
2 pm	Zazen, Teisho
4 pm	Exercise ¹
4:30 pm	Optional, informal supper ² , followed by rest period
6 – 7 pm	Golden Hour
7 – 9 pm	Zazen, Sanzen, Evening Tea
9 pm	Yaza ³

¹ The exercise period is a required activity at this time, though exactly what exercise to do is up to each person. Stretching and yoga can be done in the zendo or out on the zendo portal, running, walking, and more active exercise can be done outside anywhere ON the grounds. (Please do not go beyond the fence line.) Exercise may NOT be done in one's room.

² Food available for supper is set out on the counter or identified on a list on the counter in the kitchen; please do NOT take food that is not listed or on the counter. The only exception to this is for a sesshin participant who has obtained PRIOR APPROVAL for special dietary needs.

³ Yaza is informal, late-night zazen. It offers a tremendous support to our regular, formal zazen and helps deepen one's practice in significant ways. It can be done in the zendo, on the decks, in chairs or on mats and cushions. It is not required but is highly recommended.