

# 山門寺

## OSESSHIN SCHEDULE

5 am	Chanting/Zazen/Sanzen
7:30 am	Breakfast
8-10 am	Work period
10-Noon	Zazen, beginning with Guided Metta Meditation
12 noon	Lunch
2:30-4:30	Zazen/Teisho
4:30-5 pm	Exercise
5-5:45 pm	Optional informal supper <sup>1</sup>
6-7 pm	Golden Hour
7-9 pm	Zazen/Sanzen <sup>2</sup>

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<sup>1</sup> Immediately after lunch, an announcement is made listing food available for the day's optional evening meal

<sup>2</sup> Although not required, yaza (informal nighttime sitting) supports and enhances our formal zazen. This is an opportunity to sit for longer or shorter periods without bells or clappers to interrupt. During yaza one can sit in one's own or any free seat in the zendo (except the teacher's seat), and add warm clothes on top of one's formal sitting clothes, even in the zendo. Alternatively, one can sit outside on one of the decks in a chair or on a cushion. If you do so, please bring your chair or cushion back inside before going to take a nap or when finished with your yaza. Garbage bags, to put underneath your cushions, will be placed by the door to the deck in the evening.