

Rohatsu Sesshin Schedule – 山門寺

Opening Night - Kokuho

7 pm Sesshin Opening, Roshi's Opening Talk

Daily Schedule:

5 - 5:30 am	Morning Chanting
5:30 – 7:30	Zazen, Sanzen
7:30	Breakfast
8 am	Work
9:30	Rest
10 – 12	Guided Metta Meditation followed by Zazen
Noon	Lunch, followed by rest period
2:30 pm	Zazen and Teisho
4:30 - 5	Exercise
5 pm	Optional Informal Supper (specified leftovers in kitchen)
6 – 7	Golden Hour
7 – 9:00	Zazen, Sanzen, Evening Tea
9:00	Yaza ¹

FINAL NIGHT: Formal Zazen continues after Evening Tea until 10 pm; Everyone is encouraged to sit much longer, including all night on this most potent day of sesshin!

¹ 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.

IMPORTANT:

Supper is optional. Food available for supper will be placed on the dining table. PLEASE DO NOT TAKE ANY OTHER FOOD FROM THE KITCHEN AT ANY TIME. Each person is responsible for washing her or his own dishes and returning food to the refrigerator when all are finished eating.