

Autumnal Equinox Sesshin Schedule

Monday, Sept 21st, 2020

5:50pm	Seated in Zendo; <i>Gosei</i>
6:00pm	Opening Sutra (p.15); Introductory Talk
6:30pm	Zazen; <i>Han</i>; Kinhin
7:00pm	Zazen; Zazen; Kinhin
8:00pm	Zazen; Zazen;
8:45pm	<i>Han</i>; Closing Sutra (p.17); <i>Sampai</i>
9:00pm	Kaichin / Yaza

Tuesday, Sept. 22nd – Saturday, Sept. 26th, 2020

04:50am	Seated in Zendo; <i>Gosei</i>
05:00am	Choka (Sutras p.3-13); <i>Han</i>;
05:40am	Zazen (short period); Kinhin
06:00am	Zazen; Zazen
06:50am	Breakfast / Cleanup / Break
08:30am	Samu;
09:30am	Samu Cleanup / Break;
09:50am	Seated in Zendo; <i>Gosei</i>
10:00am	Uninterrupted Zazen; Kinhin
11:00am	Zazen; Zazen; Kinhin
11:50am	Lunch / Cleanup / Break
1:50pm	Seated in Zendo; <i>Gosei</i>
2:00 pm	Sutras (p.14); Dharma Talk; Kinhin
3:00pm	Zazen; Zazen
4:00pm	Outside/Physical Practice/Rest
5:00pm	Dinner (optional, informal)/Cleanup
5:50 pm	Seated in Zendo; <i>Gosei</i> ;
6:00pm	Uninterrupted Zazen; <i>Han</i>; Kinhin
7:00pm	Zazen; Zazen; Kinhin
8:00pm	Zazen; Zazen
8:45pm	<i>Han</i>; Closing Sutra (p.17); <i>Sampai</i>
9:00pm	Kaichin / Yaza

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Sunday, Sept. 27th, 2020

04:50am	Seated in Zendo; <i>Gosei</i>
05:00am	Choka (<i>sutras p.3-13</i>); Han ;
05:40am	Zazen (<i>short period</i>); Kinhin
06:00am	Zazen (<i>One 45' period</i>)
06:55am	Breakfast / Cleanup / Break
08:00am	Zazenkai (<i>sutras p.3,10,13</i>)
09:15am	Break
09:50am	Seated in Zendo; <i>Gosei</i>
10:00am	Zazen; Zazen; Closing Sutra (<i>p.5,6</i>)
11:00am	Q&A/Book Discussion

Notes

- Events in **bold** will be broadcast via Zoom. See website for details:

<https://www.tahomazenmonastery.com>

- Please arrive early for all events, by *Gosei* for in-person attendance, five minutes for online attendance.
- Drop in attendance is allowed for zazen (masks required) as well as for the samu period. Only ten (10) people are allowed in the zendo at a time, so please do not attend events where you would exceed that amount. **In person attendance is not allowed for choka, the dharma talk or any event on Sunday.**
- Drop-in Attendees: Please follow all of our Covid-19 guidelines, posted nearby. Frequently wash hands, use hand sanitizer and wear a mask when in the zendo or less than 6 feet from fellow practitioners.