

Vernal Equinox Sesshin Schedule

Monday, March 15th, 2021

5:50pm	Seated in Zendo; <i>Gosei</i>
6:00pm	Opening Sutra (<i>p.16</i>); Introductory Talk
6:30pm	Zazen; Han; Kinhin
7:00pm	Zazen; Zazen; Kinhin
8:00pm	Zazen; Zazen;
8:45pm	Han; Closing Sutra (<i>p.17</i>); Sampai
9:00pm	Kaichin / Yaza

Tuesday, March. 16th – Saturday, March. 20th, 2021

04:50am	Seated in Zendo; <i>Gosei</i>
05:00am	Choka (<i>Sutras p.3-14</i>); Han;
05:40am	Zazen (<i>short period</i>); Kinhin
06:00am	Zazen; Zazen
06:50am	Breakfast / Cleanup / Break
08:15am	Samu;
09:30am	Samu Cleanup / Break;
09:50am	Seated in Zendo; <i>Gosei</i>
10:00am	Uninterrupted Zazen; Kinhin
11:00am	Zazen; Zazen
11:50am	Lunch Break
1:50pm	Seated in Zendo; <i>Gosei</i>
2:00 pm	Dharma Talk; Kinhin
3:00pm	Zazen; Zazen
4:00pm	Outside/Physical Practice/Rest
5:00pm	Dinner Break
5:50 pm	Seated in Zendo; <i>Gosei</i> ;
6:00pm	Uninterrupted Zazen; Han; Kinhin
7:00pm	Zazen; Zazen; Kinhin
8:00pm	Zazen; Zazen
8:45pm	Han; Closing Sutra (<i>p.17</i>); Sampai
9:00pm	Kaichin / Yaza

Vernal Equinox Sesshin Schedule

Sunday, March. 21st, 2021

04:50am	Seated in Zendo; <i>Gosei</i>
05:00am	Choka (<i>sutras p.3-7,10,12,13</i>); Han ;
05:40am	Zazen (<i>short period</i>); Kinhin
06:00am	Zazen (<i>One 30min period</i>)
06:30am	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.6,7</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.