

Weekend Intensive Schedule

Friday, May 28th, 2021

5:50pm	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	Kaichin / Yaza

Saturday, May 29th, 2021

4:50am	Seated in Zendo; <i>Gosei</i>
5:00am	Choka (<i>Sutras p.3-14</i>); Sampai; <i>Han</i>
5:40am	Zazen (<i>short period</i>); Kinhin
6:00am	Zazen; Zazen
6:50am	Breakfast / Cleanup / Break
8:15am	Samu (<i>meet on kitchen deck</i>)
10:00am	Samu Cleanup / Break
10:20am	Seated in Zendo; <i>Gosei</i>
10:30am	Uninterrupted Zazen; Kinhin
11:30am	Zazen
11:55am	Lunch / Cleanup / Break
1:50pm	Seated in Zendo; <i>Gosei</i>
2:00 pm	Dharma Talk; Kinhin
3:00pm	Zazen; Zazen
4:00pm	Outside/Physical Practice
4:50pm	Dinner (<i>optional, informal</i>)
5:15om	Cleanup / Break
5:50pm	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	Kaichin / Yaza

Weekend Intensive Schedule

Sunday, May 30th, 2021

4:50am	Seated in Zendo; <i>Gosei</i>
5:00am	Choka (<i>sutras p.3-7,10,12,13</i>); Han ;
5:40am	Zazen (<i>short period</i>); Kinhin
6:00am	Zazen (<i>One 30min period</i>)
6:30am	Breakfast / Cleanup / Break
8:00am	Zazenkai (<i>sutras p.3,10,13</i>)
9:30am	Casual Tea (<i>on kitchen deck</i>)

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.
- **In Person attendance is allowed for All periods for those fully vaccinated.** Only twenty (20) people are allowed in the zendo at a time, so please do not attend events where you would exceed that amount.