

Rohatsu 2023 Schedule

Friday, December 8th, 2023

4:50am	Seated in Zendo; <i>Gosei</i>
5:00am	Choka (<i>morning sutras</i>); Zazen; Kinhin
6:00am	Zazen; Zazen
6:55am	Breakfast; Cleanup
8:15am	Samu [<i>meet on Kitchen Deck</i>]; Cleanup
9:50am	Seated in Zendo; <i>Gosei</i>
10:00am	Zazen; Zazen; Kinhin
11:00am	Zazen; Zazen
11:55am	Lunch; Cleanup; Break
1:50pm	Seated in Zendo; <i>Gosei</i>
2:00pm	<i>Dharma Talk</i>; Zazen; Kinhin
3:00pm	Zazen; Zazen; Kinhin
4:15pm	Personal Exercise Period
4:50pm	Supper [<i>optional, informal</i>]; Cleanup; Break
5:50pm	Seated in Zendo; <i>Gosei</i>
6:00pm	Uninterrupted Zazen; Kinhin
7:00pm	Rohatsu Exhortations Reading; Zazen; Kinhin
8:00pm	Zazen; Zazen; Kinhin;
9:00pm	Zazen;
9:25pm	Kaichin; Yaza

Notes

- All times PST.
- Please arrive/join by *gosei* for all events.
- Events in **Bold** are broadcast over Zoom.
- Please visit our website for further information, contact information and more: <https://www.tahomazenmonastery.com>
- Please follow all health and safety guidelines

Rohatsu 2023 Schedule

Saturday, December 9th, 2023

4:50am	Seated in Zendo; <i>Gosei</i>
5:00am	Choka (<i>morning sutras</i>); Zazen; Kinhin
6:00am	Zazen; Zazen
6:55am	Breakfast; Cleanup
8:15am	Samu [<i>meet on Kitchen Deck</i>]; Cleanup
9:50am	Seated in Zendo; <i>Gosei</i>
10:00am	Zazen; Zazen; Kinhin
11:00am	Zazen; Zazen
11:55am	Lunch; Cleanup; Break
1:50pm	Seated in Zendo; <i>Gosei</i>
2:00pm	<i>Dharma Talk</i>; Zazen; Kinhin
3:00pm	Zazen; Zazen; Kinhin
4:15pm	Personal Exercise Period
4:50pm	Supper [<i>optional, informal</i>]; Cleanup; Break
5:50pm	Seated in Zendo; <i>Gosei</i>
6:00pm	Uninterrupted Zazen; Kinhin
7:00pm	Rohatsu Exhortations Reading; Zazen; Kinhin
8:00pm	Zazen; Zazen; Kinhin;
8:50pm	Zazen; Zazen
9:50pm	Kaichin; Yaza

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Rohatsu 2023 Schedule

Sunday, December 10th, 2023

4:50am	Seated in Zendo; <i>Gosei</i>
5:00am	Choka (<i>morning sutras</i>); Zazen ; Kinhin
6:00am	Zazen
6:30am	Breakfast; Cleanup; Samu
8:00am	Zazenkai
8:35am	Break
8:45am	Bodhi Day Ceremony
9:30am	Bodhi Day Celebration (in kitchen)

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