

**Des Moines Zen Center
Sesshin Schedule
October 3 – 4, 2014**

Everyone is welcome to come and go and participate as your time allows. But, if you really want to “taste a sesshin” and get the most out of it you should:

1. Plan to participate in the entire event. It’s the entirety of it that makes it a sesshin.
2. Come prepared with a question for the group Q & A on Saturday afternoon. Unfortunately, a dharma transmitted teacher will not be available at the sesshin, so formal one on one dokusan between teacher and student will not take place. During formal dokusan, the student brings a question and poses it to the teacher. We will have a modified version of this where questions will be posed by participants and discussed in a group setting.

If you plan on attending the oryoki lunch on Saturday, please RSVP to info@dmzencenter.org.

Friday, October 3

7:30 – 8:00 PM	Talk – Intro to Sesshin	
8:00 – 8:40	Zazen	Fukanzazengi

Depart in silence

Saturday, October 4

Arrive in silence

8:00 – 8:40 AM	Zazen	
8:40 – 8:50	Kinhin (walking meditation)	
8:50 – 9:30	Zazen	
9:30 – 9:40	Morning service	Heart Sutra
9:40 – 10:10	Break, coffee, tea	
10:10 – 10:50	Zazen	
10:50 – 11:10	Talk	
11:10 – 11:20	Kinhin	
11:20 – 12:00 PM	Zazen	
12:00 – 12:10	Noon service	Jijuyu Zammai
12:10 – 1:00	Oryoki lunch	
1:00 – 1:30	Break	
1:30 – 2:45	Work period	
3:00 – 3:40	Group Q & A	
3:40 – 3:50	Kinhin	
3:50 – 4:30	Zazen	
4:30 – 4:40	Kinhin	
4:40 – 5:20	Zazen	
5:20 – 5:30	Evening service	Dai Hi Shin Dharani

End of sesshin

6:00 – 7:30 PM	Potluck dinner & cleanup	
7:30 – 9:00	Movie – “Ramen Girl”	