

Rohatsu Sesshin Schedule

December 2 - 7, 2019
Des Moines Zen Center

Monday, December 2:

8:00 – 8:40 AM	Zazen
8:40 – 8:50 AM	Morning service / Heart Sutra
8:50 AM	Tea
6:00 – 6:40 PM	Zazen
6:40 – 6:50 PM	Kinhin
6:50 – 7:30 PM	Zazen / Fukanzazengi

Tuesday, December 3:

8:00 – 8:40 AM	Zazen
8:40 – 8:50 AM	Morning service / Heart Sutra
8:50 AM	Tea
6:00 – 6:40 PM	Zazen
6:40 – 6:50 PM	Kinhin
6:50 – 7:30 PM	Zazen / Fukanzazengi

Wednesday, December 4:

8:00 – 8:40 AM	Zazen
8:40 – 8:50 AM	Morning service / Heart Sutra
8:50 AM	Tea
6:00 – 6:40 PM	Zazen
6:40 – 8:00 PM	Vegetarian Potluck

Thursday, December 5:

8:00 – 8:40 AM	Zazen
8:40 – 8:50 AM	Morning service / Heart Sutra
8:50 AM	Tea
6:00 – 6:40 PM	Zazen
6:40 – 6:50 PM	Kinhin
6:50 – 7:30 PM	Zazen / Fukanzazengi

Friday, December 6:

8:00 – 8:40 AM	Zazen
8:40 – 8:50 AM	Morning service / Heart Sutra
8:50 AM	Tea
6:00 – 6:40 PM	Zazen
6:40 – 6:50 PM	Kinhin
6:50 – 7:30 PM	Zazen / Fukanzazengi

Rohatsu Sesshin: Zazenkai Schedule

Saturday, December 7, 2019

Des Moines Zen Center

(Note: The Zazenkai requires prior registration and full day participation. The sign-up sheet is on the bulletin board in the community room.)

8:00 – 8:40 AM	Zazen	
8:40 – 8:50 AM	Kinhin	
8:50 – 9:30 AM	Zazen	
9:30 – 10:00 AM	Morning service	<ul style="list-style-type: none"> • Formless Repentance • Triple Treasures • Bodhisattva Vows • Heart Sutra • Merging of Difference & Unity • Chant of Ancestors
10:00 – 11:10 AM	Break – coffee, tea, soji cleaning	
11:10 – 11:50 AM	Zazen	
11:50 – Noon	Noon Service	
Noon – 1:30 PM	Oryoki lunch, cleanup, break	
1:30 – 2:45 PM	Work period	
3:00 – 3:40 PM	Zazen & Dokusan	
3:40 – 3:50 PM	Kinhin	
3:50 – 4:30 PM	Dharma Talk	
4:30 – 4:40 PM	Kinhin	
4:40 – 5:20 PM	Zazen & Dokusan	
5:20 – 5:30 PM	Evening service	Enmei Jukko Kannon Gyo Dai Hi Shin Dharani

End of sesshin