**- Sesshin Schedule**

Start Time Activity Notes

5:30 AM Zazen

6:10 AM Kinhin Tenzo prepares Breakfast

6:20 AM Zazen

7:00 AM Silent Bowing Servers Report to Kitchen

7:10 AM Breakfast

8:00 AM Cleanup/Personal Time

8:40 AM Zazen

9:20 AM Kinhin

9:30 AM Zazen

10:00 AM Kinhin

10:10 AM Zazen

10:40 AM Kinhin ` Tenzo prepares Lunch

10:50 AM Zazen

11:30 AM Silent Bowing Servers Report to Kitchen

11:40 AM Lunch

12:40 PM Cleanup/Personal Time

1:10 PM Work Period

2:10PM Tea Preparation + Servers Prepare Tea

2:20 PM End Work Period+Cleanup

2:30 PM Tea

3:00 PM Kinhin

3:10 PM Zazen

3:50 PM Kinhin

4:00 PM Zazen

4:40 PM Kinhin

4:50 PM Zazen

5:30 PM Service

6:00 PM Cleanup

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**Sesshin Guidelines**

A meditation retreat provides an opportunity to practice for an extended period in a quiet, supportive atmosphere, free from the usual distractions of everyday life.

To help yourself and others maintain mindfulness during sesshin, we make the following suggestions:

1. Please help us maintain silence during sesshin by speaking to someone only if necessary, for instance about meal preparation. If you find it necessary to have a conversation, please do so outside Kannon Do so as not to disturb others.
2. Please refrain from reading and writing, except during the study period.
3. Each activity (meditation, meals, work period) is closed with a group bow. If you need to leave after an activity, please do so after bowing with the group.
4. Be aware that the telephone can be a great distraction. If you find it necessary to use the phone, please do so outside the hearing or others.
5. During the breaks following meals, you can use the Zendo to rest or stretch, or you can walk outside. During breaks, you can also help to wash and dry dishes or put away food.
6. In addition to break times, you can use kinhin (walking meditation) periods to visit the restrooms.

**Meals:**

If you will be staying for one or more meals, please indicate which ones on the signup sheet by the zendo door.

When you arrive at sesshin, take a set of Oryoki bowls from the table, identifying it by writing your name on the wooden stick provided.

Keep the Oryoki at your seat while you are at sesshin, and when you leave, return the Oryoki to the table.

If you are unfamiliar with the use of Oryoki, don't be concerned about getting it "right." Try to follow along with someone who understands the practice.

**Bells:**

You can understand much of the schedule by listening to the bells, as follows:

1. Three bells indicate the start of sitting meditation.
2. Two bells indicate the start of walking meditation.

3 One bell indicates the end of a series of meditation periods.