

FALL 2010 ZEN SESSHIN
November 7-12 (Sunday-Friday)
Fr. Gregory Mayers, CSsR Teacher

First Day
SUNDAY November 7

Afternoon

3:00 Check-in available until 6:45 pm

Evening

6:00 Supper - Dining Rm. (1st floor)
7:00 Welcome/Orientation Birch Room
Zazen
8:50 Reading
Great Vows/3 prostrations
Night Closing Ritual
9:00 Retire

Terminology:

Dokusan: Interview with the teacher.
Kentan: Teacher walks through the rows of sitters; sitters greet the teacher with gassho as he passes behind them.
Kinhin: Walking meditation.
Gassho: Palms together, fingertips at nose level.
Heart Sutra: Teaching of Buddha.
Zazen: Sitting meditation.
Zendo: The room for sitting.
Teisho: Teacher's talk and insight

Intervening Days
MONDAY Nov 8 - Thursday Nov 11

Morning

6:00 Rising
6:15 Yoga
6:30 Zazen/Kentan/Dokusan
7:55 Heart Sutra/3 Prostrations
8:00 Breakfast
9:30 Zazen
10:00 Reading
Teisho
Great Vows/3 Prostrations
11:00 Zazen/Dokusan

Afternoon

12:00 Lunch
12:30 Rest
2:30 Zazen/Dokusan
4:30 Individual Kinhin Outdoors
5:00 Zazen
6:00 Supper

Evening

6:30 Rest
7:30 Zazen/Dokusan
8:50 Reading
Great Vows/3 prostrations
Night Closing Rituals
9:00 Retire

Last Day
FRIDAY November 12

Morning

6:00 Rising
6:30 Zazen/Kentan/Dokusan
7:55 Heart Sutra/3 prostrations
8:00 Breakfast
9:30 Zazen/Dokusan
CLOSING

Afternoon

12:00 Lunch
Departure

