



## EAST-WEST MEDITATION ZEN SESSHIN

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NOVEMBER 4-9, 2018

### DAILY SCHEDULE

#### FIRST DAY

##### *Afternoon*

3:00 Check in until 6:00 PM

##### *Evening*

6:00 Supper

7:00 Welcome, Orientation, Zazen

8:55 Great Vows for All

9:00 Retire

#### Terminology

**Dokusan:** Private interviews with the teacher

**Kinhin:** Meditating while walking

**Sesshin:** A longer Zen retreat

**Teisho:** Conference (dharma talk) by the Zen Teacher

**Zazen:** Meditation done sitting on a meditation cushion, bench or chair

**Zendo:** Meditation Room

#### INTERVENING DAYS

##### *Morning*

6:00 Rising

6:30 Zazen

7:00 Zazen (dokusan till 7:45)

8:00 Breakfast

9:30 Zazen

10:00 Teisho

11:00 Zazen (dokusan till 11:45)

##### *Afternoon*

12:00 Lunch

12:30 Rest

2:30 Zazen

3:00 Zazen (dokusan till 3:45)

4:00 Kinhin outdoors

4:30 Zazen

6:00 Supper

##### *Evening*

6:30 Rest

7:30 Zazen

8:00 Zazen (dokusan till 8:45)

8:55 Evening ceremony

9:00 Retire

#### LAST DAY

##### *Morning*

6:00 Rising

6:30 Zazen

7:00 Zazen (dokusan till 7:45)

8:00 Breakfast

9:30 Zazen (dokusan)

11:00 Sesshin closing

##### *Afternoon*

12:00 Lunch

12:30 Departure