



EAST-WEST MEDITATION ZEN SESSHIN

WITH TONY TACKITT

NOVEMBER 10-15, 2019

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