



# Wall-gazing Day

Bare bones zazen, sitting in meditation facing the wall, in the style of the great ancestor Bodhidharma.

Bodhidharma's wall gazing schedule  
You may re-enter the zendo up to 10 minutes past the hour.

## Schedule:

6:00 – 6:50 am	Wall Gazing, Verse of the Kesa
7:00 a.m.	Buffet Breakfast (informal 3 bowls)
7:30 a.m.	Clean up/Rest
8:30 a.m.	Chant Circle in the Buddha Hall
9:00 – 9:50 a.m.	Wall Gazing
9:50 – 10:00 a.m.	Kinhin
10:00 – 10:50 a.m.	Wall Gazing
10:50 - 11:00 a.m.	Kinhin
11:00 – 11:50 a.m.	Wall Gazing
11:50 a.m.	Four Vows and Bows
Noon	Teasnack, followed by clean up
12:30 pm	End

Silent Day, No Face-to-Face  
Breakfast Fee \$5