

# Zazenkai

Led by Daishin Buksbazen

## Friday, August 11

6:30 p.m.	Registration
7:25	Be in your seat
7:30	Zazen
8:05	Kinhin
8:15	Zazen
8:50	Four Vows and Bows

## Saturday, August 12

5:45 a.m.	Waking up the Body: Outside Kinhin (Optional)
5:55 a.m.	Be in your seat
6:00	Zazen
6:25	Kinhin
6:30	Zazen
7:00	Oryoki Breakfast/Rest
8:25	Be in the Buddha Hall
8:30	Service in Buddha Hall
9:00	Zazen/Interview
9:35	Kinhin
9:45	Zazen/Interview
10:20	Kinhin
10:30-10:50	Zazen/Interview
11:00	Mindful Work
12:00 p.m.	Oryoki Lunch/ Rest
2:00	Zazen
2:35	Dharma Talk/Group Exploration
3:20	Outside Kinhin
3:40	Zazen
4:15	Kinhin
4:25	Zazen
5:00	Four Vows/Bows Closing/End of silence After Zazen Informal Snack

Observe these Precautions  
at all times during Zazenkai

Maintain Silence. A Great  
Silence. Do not talk.

Maintain lowered eyes. Do not  
look around

Maintain zazenkai etiquette.  
Do not engage in social  
greetings or courtesies

Maintain samadhi (unified  
mind). Do not leak your  
samadhi or the samadhi of  
others.

Silence is maintained until 5:00 p.m., Saturday