Rohatsu Sesshin – December 5 (eve)- 13, 2025

Led by Sensei Senshin & Sensei Myoho

Friday Evening, Dec. 5

5:00 pm Leader's Meeting
6:00 Light Dinner

EVENING

7:15 pm Zoom in & Settle
7:20 Zoom Orientation
7:25 Be in your seat
7:30 Greeting Round
Opening Remarks
Zazen
8:05 Outside Walking Zen
8:15 Zazen
8:50 Four Vows/Bows/
Evening Gatha
9:30 Lights Out

Sat. & Sun., Dec. 6 & 7

Bodhidharma's Wallgazing

DAWN

5:15 am Wake-up
5:30 Outside Kinhin
(join any time)
6:00 Atonement/Zazen[1]
6:50 Outside Walking Zen
7:00 Zazen[1]
7:20 Verse of the Kesa
7:25 Breakfast/Rest

SATURDAY MORNING

9:00 Samu
9:50 End Samu
10:00 Zazen[1]
10:50 Outside Walking Zen
11:00 Zazen[1]
11:50 Lunch/Rest

SUNDAY MORNING

9:00 Samu [2], Training
10:45 End Samu
11:00 Zazen[1]
11:50 Lunch/Rest

At Home Sat & Sun
7:35 Breakfast: (Meal Gatha)
9-9:50 SAT Samu (Work Chant)
9-10:45:50 SUN Samu (Work Chant)

AFTERNOON

At Home: Sat & Sun
11:50 Lunch: (Meal Gatha), Rest
2 Exercise/Study (Maintain Samadhi)

1:45-2:30 Yoga – Dharma Hall
3:00 Zazen[1]
3:50 Outside Walking Zen
4:00 Zazen[1]
4:50 Supper/Rest

EVENING

At Home: Sat & Sun
4:50 Supper (Meal Gatha), Rest

SAT & SUN EVENING

7-7:50 Zazen[1],
7:50-8 Outside Walking Zen
8-8:50 Zazen[1]
8:50 Four Vows/Bows/
Evening Gatha
9:30 Lights Out

Mon., Dec. 8-Fri. Dec. 12

DAWN

5:00 am Wake up
5:15 Outside Kinhin
(join any time)
5:25 Be in your seat
Leader's Entry
5:30 Atonement/Zazen
6:05 Outside Walking Zen
6:15 Zazen
6:50 Verse of the Kesa
6:55 Morning Service

Monday:Bodhi Day Service

7:25 Breakfast/Rest
9:00 Samu[2]
10:40 End Samu

At Home Mon-Fri
7:25 Breakfast: (Meal Gatha)
9-10:40 Samu/Work (Work Chant)

MORNING

10:55 Be in your seat
11:00 Zazen
11:35 Walking Zen
11:45 Zazen
12:15pm Midday Service
12:35 Lunch/Rest
2:15–3 Yoga -Dharma Hall

At Home Mon-Fri
12:35 Lunch: (Meal Gatha), Rest
2:30 Exercise/Study (Maintain Samadhi)

AFTERNOON

3:25 Be in your seat
3:30 Zazen, Encouragement
4:05 Walking Zen
4:15 Zazen
4:50 Walking Zen
5:00 Zazen
5:30 Evening Service
5:45 Supper/Rest

At Home Tue-Fri
5:45 Supper: (Meal Gatha), Rest

EVENING M, W, F

7:25 Be in your seat
7:30 Zazen
7:50 Outside Walking Zen
8:00 ***Dharma Talk***
Mon: Sensei Myoho
Wed: Sensei Senshin

Fri: DH Earth-Mirror

EVENING T & Th

7:25 Be in your seat
7:30 Zazen
8:05 Outside Walking Zen
8:15 Zazen

ALL EVENINGS MON-FRI

8:50 Four Vows/Bows/
Evening Gatha
9:30 Lights Out

Saturday, December 13

Bodhidharma's Wallgazing

DAWN

5:15 a.m. Wake-up
5:30 Outside Kinhin
(join any time)
6:00 Atonement/Zazen[1]
6:50 Outside Walking Zen
7:00 Zazen[1]
7:20 Verse of Kesa
7:25 Breakfast/Rest

At Home Sat 12/13
7:35 Breakfast: (Meal Gatha)
9-10 Samu/Work (Work Chant)

MORNING

9:00 Samu,[2] Clean Room[3]
10:00 Zazen[1]
10:50 Outside Walking Zen
11:00 Zazen[1]
11:50 Oryoki Lunch/Rest

At Home Sat. 12/13
11:50 Lunch: (Meal Gatha), Rest

AFTERNOON

2:25 p.m. Be in your seat
2:30 Zazen
3:05 Outside Walking Zen
3:15 Zazen
3:50 Closing Circle
4:50 Four Vows/Bows

END OF SESSHIN

Always Observe these Precautions

Maintain Silence—a Great Silence. Do not talk. Be silent in Body, Speech, and Mind.

Maintain lowered eyes. Do not look around.

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

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

If you have any problems or are unable to follow the schedule, please inform the monitors.

1May enter up to 8 minutes past the hour; 2 Report to Jizo Garden, start Samu at 9:00
3 Please leave your sleeping area spotless for next guest, take trash out, & vacuum. Leave keys in Guest Steward mailbox.