

ROHATSU SESSHIN

December 6 – 9, 2018
@Atlanta Soto Zen Center

BUDDHA'S ENLIGHTENMENT

Rohatsu sesshin is an opportunity to deepen our practice of Shikantaza.

DIALOG

Daily one-hour dharma talks and practice discussions on Buddha's Life, teaching, and zen meditation practice will be offered. Daily dokusan will also be available.

SCHEDULE

Follow the schedule to the utmost degree possible. As a lay practice Sangha we recognize family and work-related responsibilities and encourage partial attendance as well. If possible please attend the orientation on Sunday and plan your entry and exit during break times.

MEALS

Oryoki-style: bring your bowls. Oryoki bowls will be provided if needed.

SILENCE

Please observe silence as much as possible. This includes when arriving, leaving, and especially between lights out at 9:30pm and next morning breakfast bell.

Thursday 6th First Day

06:00 — 06:30 Arrive By
06:30 --- 08:00 Opening Public Talk
08:00 — 09:00 Zazen (2@30-05)
09:00 --- Tissarana Service

Mornings (Fri. – Sat.)

05:30 AM Wake-up Bell
06:00 — 06:30 Tea; Kinhin (Jundo)
06:30 — 07:25 Zazen (2@25-05)
07:25 — 07:35 Morning Service
07:35 — 08:00 Samu / Soji
08:00 — 09:30 Breakfast / Cleanup
09:30 — 11:50 Zazen (3@40-10)
11:50 — 12:00 Mid-Day Service
12:00 — 01:30 Lunch / Cleanup

Afternoons (Fri. – Sat.)

01:30 — 02:00 Break / Exercise
02:00 — 03:30 Zazen (2@40-10)
03:30 — 04:30 Free Time
04:30 — 06:00 Zazen (2@40-10)
06:00 — 07:00 Supper / Cleanup

Evening (Fri.)

07:30 --- 8:30 Public Dharma Talk
08:30 — 09:00 Zazen (1@30)
09:00 --- Tissarana Service

Saturday 8th Evening ROHATSU

07:30 --- Public Dharma Talk
08:30 — 09:00 Zazen (1@30)
09:00 — 12:00 AM Zazen Open Kinhin
12:00 — 03:00 AM Zazen Open Kinhin
03:00 — 06:00 AM Zazen Open Kinhin
06:00 --- Tissarana Service

06:00 — 07:30 Nap
Sesshin participants are welcome to take a nap at the center until the start of the regular Sunday morning program at 9:00 AM.

08:00 — 09:00 Breakfast / Cleanup

Sunday 9th Final DAY

09:00 — 10:30 Zazen (3 @ 25-05)
09:00 — 09:30 Newcomer Instructions
10:30 — 10:45 Morning Service
11:00 — 12:00 Closing Dharma Talk
12:00 — 01:30 Sangha Lunch

**For questions, please contact registrar:
Lawrell Studstill 404-867-4408**