

ROHATSU 5-DAY SESSHIN

COMMEMORATING BUDDHA'S ENLIGHTENMENT DAY & MEMORIAL FOR SHUNRYU SUZUKI-ROSHI

MONDAY EVENING

7:30 pm **Zazen**
 8:10 Opening talk
 8:30 Kinhin
 8:40 **Zazen**
 8:50 [Four Vows](#), 8:55 Pillow Bell

TUESDAY – FRIDAY

4:45 am Wake Up (15 min bell)
 5:00 **Zazen**
 5:40 Kinhin (10 min slow walking)
 5:50 **Zazen**
 6:30 Service, chanting
 7:00 Morning meal, rest
 8:30 Work Practice (8:23 wood sound,
 10:30 meet outdoors or in Sangha house)
 Clean up (wood sound)
 11:00 **Zazen** (10:53 bell)
 11:30 Kinhin
 11:40 **Zazen**
 12:10 pm Kinhin
 12:20 **Zazen**
 12:55 Service, chanting
 1:00 Noon meal, rest
 3:00 **Zazen** (2:53 bell)
 3:30 Kinhin
 3:40 **Zazen**
 4:10 Soji
 4:30 Break
 4:40 **Zazen**
 5:10 Kinhin
 5:20 **Zazen**
 5:50 Service, chanting
 6:00 Evening meal, rest
 7:30 **Zazen** (7:23 bell)
 8:10 Kinhin
 8:20 **Zazen**
 8:50 Four Vows, 8:55 Pillow Bell

Morning Chant (Mon, Wed, Fri)

[Maka Hannya Haramitta Shingyo](#)

[Sandokai](#)

[Gojushichi Butsu](#)

[Daihishin Dharani](#)

Noon Chant

[Sho Sai Myo Kichi Jo Dharani](#)

Evening Chant

[Daihishin Dharani](#)

Morning Chant (Tues, Thurs)

[Maha Prajna Paramita Heart Sutra](#)

[Intimacy of Relative and Absolute](#)

[Great Compassionate Dharani](#)

Noon Chant

[Great Light Dharani](#)

Evening Chant

[Great Compassionate Dharani](#)

FRIDAY EVENING TO MIDNIGHT

7:30 pm **Zazen** (7:23 bell)
 8:05 Kinhin
 8:15 **Zazen**
 8:45 [Four Vows](#)
 8:50 Abbot speaks about Midnight Sitting Guidelines and Placards
 9:15–11:45 REST (2hr 30min)

MIDNIGHT TO DAWN SATURDAY

12:00 am **Tetsuya** (all-night continuous zazen)
 3:50 Recite Atonement Verse – Sange Mon (all evil karma...)
 4:00 Tea and rest in sangha house (take off rakusu)
 4:25 Break
 5:15 **Zazen** (5:00 am bonsho)
 5:50 Recite [Robe Verse](#) – Takkesa Ge (daizai gedapuku...)
 Procession positions, tasks and instructions in zendo
 6:00 Walk together to Stupa (warm jackets, flashlight)
 6:25 Founder's Sunrise Ceremony for Shunryu Suzuki-roshi – [Great Compassionate Dharani](#)
 7:30 Closing breakfast in Sangha House