

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, meet outdoors or in Sangha house)	
10:30	Clean up (wood sound)	Morning Chant (Mon, Wed, Fri)
11:00	Zazen (10:53 bell)	Maka Hannya Haramitta Shingyo
11:30	Kinhin	Sandokai
11:40	Zazen	Gojushichi Butsu
12:10 pm	Kinhin	Daihishin Dharani
12:20	Zazen	
12:55	Service, chanting	Noon Chant
1:05	Noon meal, rest	Sho Sai Myo Kichi Jo Dharani
3:00	Zazen (2:53 bell)	Evening Chant
3:30	Kinhin (Tues. Wed. Fri.)	Daihishin Dharani
3:30	Dharma talk - Roshi (Thurs.)	Morning Chant (Tues, Thurs)
3:40	Zazen (Tues. Wed. Fri.)	Maha Prajna Paramita Heart Sutra
4:10	Soji (Tues. Wed. Fri.)	Intimacy of Relative and Absolute
4:30	Break	Great Compassionate Dharani
4:40	Zazen	Noon Chant
5:10	Kinhin	Great Light Dharani
5:20	Zazen	Evening Chant
5:50	Service, chanting	Great Compassionate Dharani
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	

FRIDAY EVENING TO MIDNIGHT

7:30 pm **Zazen** (7:23 bell)
8:05 Kinhin
8:15 **Zazen**
8:45 [Four Vows](#)
8:50 Nyoze 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](#) – Takkessa 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