

Introduction to Zen Weekend

Dai Bosatsu Zendo

What to Expect

Introduction to Zen Weekend provides direct experience of Rinzai Zen training in a monastic setting. Participants practice zazen (sitting meditation), kinhin (walking meditation), chanting (in Japanese and English), formal jihatsu meals (silent meals using nested eating bowls), and samu (silent work practice). No prior experience is necessary.

The weekend begins on Friday with an informal dinner at 5:30PM, followed by an orientation in sitting, breathing and Zendo etiquette.

Saturday wakeup is 5:30AM. Jihatsu bowl orientation takes place during the first formal breakfast. We share coffee and tea at morning meeting before a period of silent work, then have a short sit before lunch. In the afternoon there is an overview of Buddhist practice followed by yoga and posture review. After dinner we have a short break before we sit zazen.

Saturday evening Abbot Shinge Roshi offers a Dharma talk and on Sunday morning she facilitates a question and answer sesshin. When Roshi is not in residence this is offered by a senior student.

Sunday morning wakeup is 5:30AM. The weekend concludes on Sunday afternoon with a 1:15 informal lunch. Departure on Sunday is approximately 2:30PM.

Sleeping accommodations are small, simple bedrooms, often shared with one to three other participants. You can request a private room for an additional \$50 fee. Call two to three weeks ahead of time, always subject to availability.

To register for our next Intro to Zen weekend, please contact us at office@daibosatsu.org or 845-439-4566.

Friday

3 - 5:00p	Arrival
5:30	Informal Dinner
6:50	Orientation
7:30	Chanting, Zazen (meditation)
~8:45	Closing

Saturday

5:30	Wakeup (in Zendo <u>before</u> 5:50)
5:50	Morning Service, Zazen
7:45	Breakfast & Morning Meeting
9:30	Silent Work Practice
12:30	Zazen
1:00	Lunch
2:45	Overview of Buddhist Practice
4:00	Yoga and Posture Review
5:30	Supper
7:00	Chanting, Zazen
7:30	Dharma Talk by Shinge Roshi
~8:30	Closing

Sunday

5:30a	Wake-up (in Zendo <u>before</u> 5:50)
5:50	Morning service), Zazen
7:45	Breakfast & Morning Meeting
9:30	Silent Work Practice
11:00	Q & A Session w/ Shinge Roshi
12:30	Zazen
~1:15	Informal Lunch
	Departure