

SESSHIN & ZAZENKAI

STO holds three basic styles of retreat: Sangha, Dharma and Buddha. The zazen schedule for each will vary slightly in order to accommodate work/study sessions, ceremonies and other special events.

SANGHA

Sangha retreat broadens your engagement with the practice community by learning traditional chants and protocols of Soto Zen liturgy and practices in a context of intensive zazen practice. While providing ample zazen time, sangha sesshin also provides more opportunity for personal interaction through chanting, work practice, and discussion, the family of Zen.

DHARMA

Dharma retreat deepens your understanding of the teachings of Buddhism in the context of intensive zazen. Text materials are provided and the guiding teacher will deliver a series of talks, facilitate study periods and engage in dialog, the mind of Zen.

BUDDHA

Buddha retreat intensifies your practice of “just sitting” or *shikantaza*, the heart of Zen. Generally, Sangha and Dharma retreats are better for newcomers, being somewhat less intense than the Buddha retreat, which emphasizes zazen. Special retreats will be offered from time to time designed for the novice, or dedicated to the exploration of specific interests and activities such as art or writing. Some retreats will be held off-campus, e.g. in the mountains

2018 Bodhisattva Precepts Retreat Schedule (7/10-15)

First Evening (Tuesday)

06:30 PM Arrival & Orientation
07:00 --- Dharma Talk
08:00 — 09:00 Zazen (2@25-05)
09:00 --- Tissarana Service

Mornings (Wed, Thu, & 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)
10:00 — 11:00 STO P.L. Mtg. (Sat)
11:50 — 12:00 Mid-Day Service
12:00 — 01:30 Lunch / Cleanup

Afternoons (Wed & Thu)

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

Evenings (Wed thru Fri)

07:00 --- Dharma Talk
08:00 — 09:00 Zazen (2@25-05)
09:00 --- Tissarana Service

Sunday Morning PUBLIC DAY

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 — 09:00 Breakfast / Cleanup
09:00 — 10:00 Zazen (2 @ 25-05)
09:00 — 09:30 Newcomer
Instructions
10:00 — 11:00 Panel Discussion
11:00 — 12:00 Jukai Ceremony
All are invited to welcome our new members as they formalize their practice by receiving the Bodhisattva Precepts.
12:00 — 01:30 Sangha Lunch

During Sesshin we try to follow the schedule to the utmost extent possible. Please be silent when leaving or arriving, especially between Zendo evening closing until after breakfast. Please study only what is assigned and do not bring any reading material of your own. You are encouraged to focus intently on the content and to integrate the teaching into your direct experience through zazen Fees average \$50 per day with exceptions for certain student and hardship cases on an approved basis. Overnight accommodations are available on first come, first-serve basis for an additional \$15. You may volunteer for kitchen duty or other staff functions to defray a portion of the costs.

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