

WINTER SOLSTICE SESSHIN 2020

*'and learn to take the backward step that turns the light
and shines it inwards. Body and mind of themselves
will drop away and your original face will manifest'*

Fukanzazengi



Dawn at Newgrange 21.12.01 photo: F.McGrath

19th to 21st December
at
EARTH + SKY ZEN

**BEGINNING ON SATURDAY EVENING AT 7:30pm, ENDING ON MONDAY AFTER
MORNING ZAZEN**

Zoom Link:

<https://us02web.zoom.us/j/89834251202>

For Passcode: email zen.in.ireland@gmail.com

WINTER SOLSTICE SESSHIN – at Earth+Sky Zen Dublin (VIA ZOOM)

Begins Saturday Evening, December 19th until Monday Morning, December 21st.

TIMETABLE

Saturday, Dec. 19th

7:30 pm Brief Introduction
7:40 pm Zazen
8 15 pm Kinhin
8:25 pm Zazen
9:00 pm end of day
EVENING GATHA

Monday, Dec. 21st

6:00 am Zazen
6:40 am break
7:00 am Zazen
7:40 am Kinhin
7:50 am Zazen
8 15 am KAI JO
SUTRA CHANTING

Sunday, Dec. 20th

6:00 am Zazen
6:40 am break
7:00 am Zazen
7:40 am Kinhin
7:50 am Zazen
8 15 am KAI JO (the Han)
SUTRA CHANTING

END OF SESSHIN

BREAKFAST

11:00 am Zazen
11:30 am Kinhin
11:40 am Teisho
12:00 noon Kinhin
12:10 pm Zazen
12:40 pm break

LUNCH

3:30 pm Tai Chi Movements
(via zoom)
4:00 pm Zazen
4:30 pm Kinhin
4:40 pm Zazen
5:10 pm break

SUPPER

7:30 pm Zazen
8:00 pm Kinhin
8:10 pm Zazen (Fukanzazengi)
8:40 pm EVENING GATHA

END OF DAY