

# *Wild Country Zen*

## **Shikan Zazenkai 四漢座善会**

An Evening and 1/2 Day of Calming and Insight



*Taizan Gendo*, guiding teacher  
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WildCountryZen.com

Friday evening 7pm—Saturday noon (May 14-15, 2021)  
Join the **Wild Country Zen in Aromas** sangha for an evening and half-day meditation retreat, on Zoom.

Friday, May 14 @ 7pm-8:30pm; Saturday @ 6am-noon.

Guidelines:

- Be on time, ready to begin, and maintain silence
- **Use no electronics other than our Zoom room**
- Follow details and suggestions of the sit mindfully
- Keep video on at all times
- Keep audio off until discussion time

Here is our Wild Country Zen Zoom link:

**<https://us02web.zoom.us/j/9494877033>**

## **Shikan Zazenkaï Schedule** with Comments

### **Friday Night:**

7:00-7:30pm Guided Meditation

7:30-8:00pm Welcome, Introductions, Intentions

8:00-8:10pm Kinhin Instructions

8:30pm Zazen, refuges, begin Noble Silence

After: Prepare breakfast, tea and sweet, sacred space for sitting, wake-up method

### **Saturday Morning:**

6:00-6:30am Zazen

6:30-6:40am Kinhin

6:40-7:00am Zazen

7:00-7:10am Outdoor Kinhin

7:10-7:40am Zazen

7:40-8:00am Service (Heart Sutra, Eko, Intentions)

8:00-8:30am Breakfast (in silence)

8:30-9:00am Zazen

9:00-9:10am Kinhin

9:10-9:30am Zazen

9:30-9:40am Outdoor Kinhin

9:40-10:10am Zazen

10:10-10:20am Kinhin

10:20-10:50am Zazen

10:50-11:00am Kinhin

11:00-11:10am Tea and Sweets prep

11:10-noon Silent tea; Dharma talk & discussion; Closing