

Dogen Zenji's Birthday



Two days of Zen practice

Daily schedule

AM	6:15	zazen
	6:55	kinhin
	7:05	zazen
	7:45	service
	8:00	breakfast
	8:40	work period
	9:30	zazen
	10:10	kinhin
	10:20	dharma talk
	11:00	kinhin
	11:10	zazen
	11:50	service
PM	12:00	lunch
	12:40	break
	1:30	zazen
	2:10	kinhin
	2:20	zazen
	3:00	kinhin
	3:10	zazen
	3:50	kinhin
	4:00	zazen
	4:40	service
	4:55	supper
	5:20	break
	6:30	zazen
	7:10	kinhin
	7:20	zazen
	8:00	kinhin
	8:10	zazen
	8:50	end of day

Saturday, January 21 6:15 am—8:50 pm
Sunday, January 22 6:15 am—4:40 pm
No cost (Donations welcome!)

Two-day sittings offer both intensive practice and a wider time frame for zazen. With nearly continuous periods of zazen, services, and meals using oryoki bowls, these two days become an opportunity for us to sit quietly, experiencing the silence of the zendo and allowing ourselves to exist in the reality of here and now.

Dogen Zenji's birthday is January 29, and the focus of our discussion during this event will be his life and practice. What were the main themes of his teachings, and how do we work with them today?

You are welcome to attend both full days if you wish, and we can accommodate overnight stays with advance notice. You are also welcome to use these days in whatever way your schedule will permit, joining us and leaving us at any point in the schedule.

For complete information about
our practice and events, visit
www.milwaukeezencenter.org

milwaukee zen center

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