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Fall Practice Period 2023 In-Person Schedule

October 5th – October 28th

**Sensei Kathie Fischer, Sensei Shinzan Palma, Sensei Monshin Overley, and
Sensei Matthew Kozan Palevsky**

Thursday, October 5th

5:30–6:30 p.m.

7:45–8:45

9:00–10:00

Opening Evening

Practice Period Opening

Evening Zazen

Optional Zazen

Friday, October 6th

6:00–6:40 a.m.

7:00–8:00

8:00–8:20

8:20–9:00

9:20–11:45

12:00–1:00 p.m.

1:00–2:00

2:00–3:00

3:00–4:00

4:00–5:30

5:30–6:30

6:30–7:30

7:45–8:45

9:00–10:00

Optional Zazen

Zazen and Liturgy

Soji

Breakfast

Temple orientation and Samu

Zazen and Liturgy

Lunch

Samu/Study

Seminar: Intro to the text with Sensei Kathie

Physical practice / Rest

Zazen

Dinner

Zazen

Optional Zazen

Saturday, October 7th

5:00–5:40 a.m.

6:00–7:40

7:40–8:00

8:00–9:00

9:30–10:30

11:00–11:15

11:15–12:00 p.m.

12:00–1:00

1:00–2:00

2:00–3:00

3:00–4:00

4:00–5:30

5:30–6:30

6:30–7:30

7:45–8:45

9:00–10:00

Zazenkai Day

Optional Zazen

Zazen and Optional Zazen instruction (Sensei Monshin)

Liturgy

Breakfast

Samu

Zazen

Dharma Talk: Sensei Shinzan

Zazen and Liturgy

Lunch

Personal practice

Zazen

Physical Practice / Rest

Zazen

Dinner

Zazen/Four Vows

Optional Zazen

Sunday, October 8th

6:00–6:40 a.m.	Optional Zazen
7:00–8:00	Zazen and Liturgy
8:00–8:20	Soji
8:20–9:00	Breakfast
9:20–11:45	Samu
12:00–1:00 p.m.	Zazen and Liturgy
1:00–2:00	Lunch
2:00–3:00	Samu/Study
3:00–4:00	Seminar with Sensei Shinzan
4:00–5:30	Physical practice / Rest
5:30–6:30	Zazen
6:30–7:30	Dinner
7:45–8:45	Zazen/Four Vows
9:00–10:00	Optional Zazen

Monday, October 9th

6:00–6:40 a.m.	Optional Zazen
7:00–8:00	Zazen and Liturgy
8:00–8:20	Soji
8:20–9:20	Breakfast
9:20–10:20	Samu
10:20–5:30 p.m.	Personal practice, packed lunch
5:30–6:30	Zazen
6:30–7:45	Dinner
7:45–8:45	Zazen/Four Vows
9:00–10:00	Optional Zazen

Personal Practice Day**Tuesday, October 10th**

6:00–6:40 a.m.	Optional Zazen
7:00–8:00	Zazen and Liturgy
8:00–8:20	Soji
8:20–9:00	Breakfast
9:20–11:45	Samu
12:00–1:00 p.m.	Zazen and Liturgy
1:00–2:00	Lunch
2:00–3:30	Study Time
4:00–5:30	Physical practice / Rest
5:30–6:30	Zazen
6:30–7:30	Dinner
7:45–8:45	Residential council
9:00–10:00	Optional Zazen

Wednesday, October 11th

6:00–6:40 a.m.	Optional Zazen
7:00–8:00	Zazen and Liturgy
8:00–8:20	Soji
8:20–9:00	Breakfast
9:20–11:45	Samu
12:00–1:00 p.m.	Zazen and Liturgy
1:00–2:00	Lunch

2:00–4:00	Samu/Study
4:00–5:30	Physical practice / Rest
5:30–6:30	Dharma Talk: Sensei Kathie
6:30–7:30	Dinner
7:45–8:45	Zazen
9:00–10:00	Optional Zazen

Thursday, October 12th

6:00–6:40 a.m.	Optional Zazen
7:00–8:00	Zazen and Liturgy
8:00–8:20	Soji
8:20–9:00	Breakfast
9:20–11:45	Samu
12:00–1:00	Zazen and Liturgy
1:00–2:00	Lunch
2:00–3:00	Samu
3:00–4:00	Seminar: Sensei Kathie
4:00–5:30	Physical practice / Rest
5:30–6:30	Zazen
6:30–7:30	Dinner
7:45–8:45	Zazen
9:00–10:00	Optional Zazen

Friday, October 13th

6:00–6:40 a.m.	Optional Zazen
7:00–8:00	Zazen and Liturgy
8:00–8:20	Soji
8:20–9:20	Breakfast
9:20–10:30	Samu
10:30 a.m.–5:30 p.m.	Personal practice, packed lunch
5:30–6:30	Zazen
6:30–7:45	Dinner
7:45–8:45	Zazen
9:00–10:00	Optional Zazen

Personal Practice Day

Saturday, October 14th

5:00–5:40 a.m.	Optional Zazen
6:00–7:40	Zazen and Optional Zazen instruction (Sensei Shinzan)
7:40–8:00	Liturgy
8:00–9:00	Breakfast
9:30–10:30	Samu
11:15–11:30	Zazen
11:30–12:30 p.m.	Dharma Talk: Sensei Kozan
12:30–1:00	Zazen and Liturgy
1:00–2:00	Lunch
2:00–3:00	Personal practice
3:00–4:00	Zazen
4:00–5:30	Physical practice / Rest
5:30–6:30	Zazen
6:30–7:30	Dinner

Zazenkai Day

7:45–8:45
9:00–10:00

Zazen/Four Vows
Optional Zazen

Sunday, October 15th

6:00–6:40 a.m.
7:00–8:00
8:00–8:20
8:20–9:00
9:20–11:45
12:00–1:00 p.m.
1:00–2:00
2:00–3:00
3:00–4:00
4:00–5:30
5:30–6:30
6:30–7:30
7:45–8:45
9:00–10:00

Optional Zazen
Zazen and Liturgy
Soji
Breakfast
Samu
Zazen and Liturgy
Lunch
Samu/Study
Seminar: Sensei Kozan
Physical practice / Rest
Zazen
Dinner
Zazen
Optional Zazen

Monday, October 16th

6:00–6:40 a.m.
7:00–8:00
8:00–8:20
8:20–9:00
9:20–11:00
11:00–11:15
11:15–12:00
12:00–1:00 p.m.
1:00–2:00
2:00–4:00
4:00–5:30
5:30–6:30
6:30–7:30
7:45–8:45
9:00–10:00

Optional Zazen
Zazen and Liturgy
Soji
Breakfast
Samu
Zazen
Dharma Talk: Sensei AI
Zazen and Liturgy
Lunch
Samu/Study
Physical practice / Rest
Zazen
Dinner
Zazen
Optional Zazen

Tuesday, October 17th

6:00–6:40 a.m.
7:00–8:00
8:00–8:20
8:20–9:20
9:20–10:30
10:30 a.m.–5:30 p.m.
5:30–6:30
6:30–7:45
7:45–8:45
9:00–10:00

Personal Practice Day

Optional Zazen
Zazen and Liturgy
Soji
Breakfast
Samu
Personal practice, packed lunch
Zazen
Dinner
Zazen
Optional Zazen

Wednesday, October 18th

6:00–6:40 a.m.
7:00–8:00

Optional Zazen
Zazen and Liturgy

8:00–8:20	Soji
8:20–9:00	Breakfast
9:20–11:45	Samu
12:00–1:00 p.m.	Zazen and Liturgy
1:00–2:00	Lunch
2:00–4:00	Samu/Study
4:00–5:30	Physical practice / Rest
5:30–6:30	Dharma Talk: Sensei Monshin
6:30–7:30	Dinner
7:45–8:45	Zazen
9:00–10:00	Optional Zazen

Thursday, October 19th

6:00–6:40 a.m.	Optional Zazen
7:00–8:00	Zazen and Liturgy
8:00–8:20	Soji
8:20–9:00	Breakfast
9:20–11:45	Samu
12:00–1:00 p.m.	Zazen and Liturgy
1:00–2:00	Lunch
2:00–3:00	Samu/Study
3:00–4:00	Seminar: Sensei Monshin
4:00–5:30	Physical practice / Rest
5:30–6:30	Zazen
6:30–7:30	Dinner
7:45–8:45	Zazen
9:00–10:00	Optional Zazen

Friday, October 20th

6:00–6:40 a.m.	Optional Zazen
7:00–8:00	Zazen and Liturgy
8:00–8:20	Soji
8:20–9:00	Breakfast
9:20–11:45	Samu
12:00–1:00 p.m.	Zazen and Liturgy
1:00–2:00	Lunch
2:00–3:30	Silent Study
4:00–5:30	Physical practice / Rest
5:30–6:30	Zazen
6:30–7:30	Dinner
7:45–8:45	Zazen
9:00–10:00	Optional Zazen

Saturday, October 21st

6:00–6:40 a.m.	Optional Zazen
7:00–8:00	Zazen
8:00–8:20	Soji
8:20–9:20	Breakfast
9:20–10:30	Samu
10:30 a.m.–5:00 p.m.	Personal practice
5:15 p.m.–6:30 p.m.	Oryoki instruction

6:30–7:30
7:45–8:45
9:00–10:00

Dinner
Zazen/Sesshin Opening
Optional Zazen

Sunday, October 22nd

5:00–5:40 a.m.
6:00–8:00

8:00
9:30–10:30
11:00–12:00
12:00–1:00 p.m.
1:00
3:00–4:00
4:00–5:30
5:30–6:30
6:30
7:45–8:45
9:00–10:00

Sesshin

Optional Zazen
Zazen, Liturgy, and **optional Meditation Instruction with Sensei Kozen**
Oryoki
Samu
Zazen & Dharma Talk: Sensei Shinzan
Zazen and Liturgy
Oryoki
Zazen
Physical practice / Rest
Zazen
Oryoki
Zazen, Four Vows
Optional Zazen

Monday, October 23rd

5:00–5:40 a.m.
6:00–8:00
8:00
9:30–10:30
11:00–12:00
12:00–1:00 p.m.
1:00
3:00–4:00
4:00–5:30
5:30–6:30
6:30
7:45–8:45
9:00–10:00

Sesshin

Optional Zazen
Zazen and Liturgy
Oryoki
Samu
Zazen & Dharma Talk: Sensei Monshin
Zazen and Liturgy
Oryoki
Zazen
Physical practice / Rest
Zazen
Oryoki
Zazen, Four Vows
Optional Zazen

Tuesday, October 24th

5:00–5:40 a.m.
6:00–8:00
8:00
9:30–10:30
11:00–12:00
12:00–1:00 p.m.
1:00
3:00–4:00
4:00–5:30
5:30–6:30
6:30
7:45–8:45
9:00–10:00

Sesshin

Optional Zazen
Zazen and Liturgy
Oryoki
Samu
Zazen & Dharma Talk: Sensei Kozen
Zazen and Liturgy
Oryoki
Zazen
Physical practice / Rest
Zazen
Oryoki
Zazen, Four Vows
Optional Zazen

Wednesday, October 25th

5:00–5:40 a.m.
6:00–8:00
8:00
9:30–10:45
11:00–1:00 p.m.
1:00
3:00–4:00
4:00–5:30
5:30–6:30
6:30
7:45–8:45
9:00–10:00

Sesshin

Optional Zazen
Zazen and Liturgy
Oryoki
Samu (on our own)
Zazen and Liturgy
Oryoki
Zazen
Physical practice / Rest
Zazen and Dharma Talk: Sensei Kathie
Oryoki
Zazen, Four Vows
Optional Zazen

Thursday, October 26th

5:00–5:40 a.m.
6:00–8:00
8:00
9:30–10:30
11:00–12:00

12:00–1:00 p.m.
1:00
3:00–4:00
4:00–5:30
5:30–6:30
6:30
7:45–8:45
9:00–10:00

Sesshin

Optional Zazen
Zazen and Liturgy
Oryoki
Samu
Zazen & Dharma Talk: Sensei Monshin and Sensei Shinzan
Zazen and Liturgy
Oryoki
Zazen
Physical practice / Rest
Zazen
Oryoki
Zazen, Four Vows
Optional Zazen

Friday, October 27th

5:00–5:40 a.m.
6:00–8:00
8:00
9:30–10:30
11:00–12:00

12:00–1:00 p.m.
1:00
3:00–4:00
4:00–5:30
5:30–6:30
6:30
7:45–8:45
9:00–10:00

Sesshin

Optional Zazen
Zazen and Liturgy
Oryoki
Samu
Zazen & Dharma Talk: Sensei Kathie and Sensei Kozan
Zazen and Liturgy
Oryoki
Zazen
Physical practice / Rest
Zazen
Oryoki
Zazen, Four Vows
Optional Zazen

Saturday, October 28

6:00–6:40 a.m.
7:00–8:00
8:00 and 8:20
9:30–10:30

Sesshin - Closing day

Optional Zazen
Zazen and Liturgy Fusatsu
Photo and Breakfast
Closing Council