

2025 Spring Practice Period - In
Person/Online Sc...



UPAYA
ZEN CENTER

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Spring Practice Period 2025 (In Person and Online) - Schedule

April 3 – April 26, 2025

Guided by Senseis Monshin Nannette Overley, Jose Shinzan Palma and Ryotan Cynthia Kear

Bolded entries are held on Zoom (for online participants). Blue entries (Dharma Talks, Meditation Instruction) are held on Zoom and recorded and will be posted to the Resource Page.

Non-bold entries are not on Zoom. We invite you to do these practices at home if you are participating online.

All times are in U.S. Mountain Daylight Time (MDT).

Use this [Time converter](#) to determine your local start time for each session.

The schedule is subject to change.

Thursday, April 3

Opening Day

2:00 - 4:00 p.m.

Check-in

5:30

Zazen

6:30

Dinner

7:45–8:45

Practice Period Opening & Orientation (Zoom)

Friday, April 4

7:00–8:00 a.m.

Zazen & Liturgy (Zoom)

8:00–8:20

Soji

8:20

Breakfast

9:20–11:45

Samu Orientation and Samu - Senko, Shinzan

11:00 a.m.–12:00 p.m.

Intro to text - Monshin, Ryotan Online (Zoom)

12:00–1:00

Zazen & Liturgy (Zoom)

1:00

Lunch

2:00–3:00

Temple Training & Introduction to Forms - Shinzan, Senko

3:00–4:00

Samu

5:30–6:30

Zazen (Zoom)

6:30

Dinner

7:45–8:45

Zazen (Zoom)

Saturday, April 5

SAZENKAI

5:00–5:40 a.m.

Optional Zazen

6:00–8:00

Zazen & Liturgy (Zoom)

6:00–6:50

Optional meditation instruction (In Person) and Online (Zoom)

8:00

Breakfast

9:30–10:30	Samu
11:00 a.m.–12:00 p.m.	Zazen and Dharma Talk with Monshin (Zoom)
12:00–1:00	Zazen & Liturgy (Zoom)
1:00	Lunch
1:45–2:45	Rest
3:00–4:00	Zazen (Zoom)
4:00–5:15	Physical Practice & Rest
5:30–6:30	Zazen/Metta Chant (Zoom)
6:30	Dinner
7:45–8:45	Zazen/Four Vows (Zoom)
<i>9:00–10:00</i>	<i>Optional Zazen</i>

Sunday, April 6

7:00–8:00 a.m.	Zazen & Liturgy (Zoom)
8:00–8:20	Soji
8:20	Breakfast
9:20–10:45	Samu
11:00 am	Seminar on Dharma Talk in Taizendo with Monshin
12:00 p.m.–1:00	Zazen & Liturgy (Zoom)
1:00	Lunch
2:00–3:00	Tokudo Rehearsal in zendo (some residents only)
3:00 - 4:00	Online Seminar on dharma talk w/ Monshin (Zoom)
3:00–4:00	Samu
5:30–6:30	Zazen
6:30	Dinner
7:45–8:45	Residential Council (no Zazen)

Monday, April 7

7:00–8:00 a.m.	Zazen & Liturgy (Zoom)
8:00–8:20	Soji
8:20	Breakfast
9:20	Samu
11:00	Tokudo (Zoom)
1:00	Lunch
2:00–4:00	Samu
3:00	Online Study Session w/ Sensei AI
5:30–6:30	Zazen (Zoom)
6:30	Dinner
7:45–8:45	Zazen/Four Vows (Zoom)

Tuesday, April 8

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

Personal Practice Day

Zazen & Hanamatsuri Ceremony (Zoom)
Soji
Breakfast
Samu
Bagged Lunch
Personal Practice
Zazen (Zoom)
Dinner
Zazen/Four Vows (Zoom)

Wednesday, April 9

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

Zazen & Liturgy (Zoom)
Soji
Breakfast
Samu
Enso with Shinzan
Zazen & Liturgy (Zoom)
Lunch
Samu
Zazen & Dharma Talk with Ryotan (Zoom) [In Taizando]
Dinner
Zazen/Four Vows (Zoom)

Thursday, April 10

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

Zazen & Liturgy (Zoom)
Soji
Breakfast
Samu
Online Seminar on dharma talk w/ Ryotan (Zoom)
Zazen & Liturgy (Zoom)
Lunch
In Person Seminar with Ryotan
Samu
Zazen (Zoom)
Dinner
Zazen/Four Vows (Zoom)

Friday, April 11

7:00–8:00 a.m.	Zazen & Liturgy (Zoom)
8:00–8:20	Soji
8:20	Breakfast
9:20–11:45	Samu
12:00 p.m.–1:00	Zazen & Liturgy (Zoom)
1:00	Lunch
2:30–4:00	Silent Study
5:30–6:30	Zazen (Zoom)
6:30	Dinner
7:45–8:45	Zazen/Four Vows (Zoom)

Saturday, April 12

ZAZENKAI

<i>5:00–5:40 a.m.</i>	<i>Optional Zazen</i>
6:00–8:00	Zazen & Fusatsu (Zoom)
6:00–6:50	Optional meditation instruction (In Person) and <i>Online (Zoom)</i>
8:00	Breakfast
9:30–10:30	Samu
11:00 a.m.–12:00 p.m.	Zazen and Dharma Talk with Shinzan (Zoom)
12:00–1:00	Zazen & Liturgy (Zoom)
1:00	Lunch
1:45–2:45	Rest
3:00–4:00	Zazen (Zoom)
4:00–5:15	Physical Practice & Rest
5:30–6:30	Zazen (Zoom)
6:30	Dinner
7:45–8:45	Zazen/Four Vows (Zoom)
<i>9:00–10:00</i>	<i>Optional Zazen</i>

Sunday, April 13

Personal Practice Day

7:00–8:00 a.m.	Zazen & Liturgy (Zoom)
8:00–8:20	Soji
8:20	Breakfast
9:20–10:20	Samu
10:20	Bagged Lunch
10:20 a.m.–5:30 p.m.	Personal Practice
5:30–6:30	Zazen (Zoom)
6:30	Dinner
7:45–8:45	Zazen/Four Vows (Zoom)

Monday, April 14

7:00–8:00 a.m.	Zazen & Liturgy (Zoom)
8:00–8:20	Soji
8:20	Breakfast
9:20–11:45	Samu
11:00	Online Seminar on dharma talk w/Shinzan (Zoom)
12:00 p.m.–1:00	Zazen & Liturgy (Zoom)
1:00	Lunch
2:00–3:00	In Person Seminar with Shinzan
3:00–4:00	Samu
5:30–6:30	Zazen (Zoom)
6:30	Dinner
7:45–8:45	Zazen/Four Vows (Zoom)

Tuesday, April 15

7:00–8:00 a.m.	Zazen & Liturgy (Zoom)
8:00–8:20	Soji
8:00	Breakfast
9:20–11:45	Samu
12:00–1:00	Zazen & Liturgy (Zoom)
1:00	Lunch
2:00–4:00	Samu
5:30–6:30	Zazen (Zoom)
6:30	Dinner
7:45–8:45	Zazen/Four Vows (Zoom)

Wednesday, April 16

7:00–8:00 a.m.	Zazen & Liturgy (Zoom)
8:00–8:20	Soji
8:20	Breakfast
9:20–11:45	Samu
12:00 p.m.–1:00	Zazen & Liturgy (Zoom)
1:00	Lunch
2:30–4:00	Silent Study
5:30–6:30	Zazen & Dharma Talk with Monshin (Zoom) [In Taizando]
6:30	Dinner
7:45–8:45	Zazen/Four Vows (Zoom)

Thursday, April 17

7:00–8:00 a.m.	Zazen & Liturgy (Zoom)
8:00–8:20	Soji
8:20	Breakfast
9:20–11:45	Samu
11:00 a.m. - 11:15 p.m.	Jizo Ceremony opening words (Zoom)
12:00 p.m. - 1:00 p.m.	Sharing of the offerings & Jizo Liturgy (Zoom)
1:00	Lunch
2:00–4:00	Samu
5:30–6:30	Zazen (Zoom)
6:30	Dinner
7:45–8:45	Zazen/Four Vows (Zoom)

Friday, April 18

Personal Practice Day

7:00–8:00 a.m.	Zazen & Liturgy (Zoom)
8:00–8:20	Soji
8:20	Breakfast
9:20–10:20	Samu
10:20	Bagged Lunch
11:00	Online Study Session w/ Sensei AI
10:20 a.m.–5:30 p.m.	Personal Practice
5:30–6:30	Zazen (Zoom)
6:30	Dinner
7:45–8:45	Residential council (no online zazen)

Saturday, April 19

Practice Period Day | Sesshin Opening

7:00–8:00 a.m.	Zazen & Liturgy (Zoom)
8:00–8:20	Soji
8:20	Breakfast
9:20–11:45	Samu
12:00 p.m.–1:00	Zazen & Liturgy (Zoom)
1:00	Lunch
2:00–4:00	Samu
5:00–6:30	Oryoki Instruction (no zazen)
6:30	Dinner
7:45–8:45	Sesshin Opening (Zoom)

SESSHIN April 19 - April 25

Sunday, April 20 –

Friday, April 25

5:00–5:40 a.m.

6:00–6:50

6:00–8:00

8:00

9:30–10:30

11:00 a.m.–12:00 p.m.

12:00–1:00

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 Practice Days

Optional Zazen

Optional meditation instruction (In Person) and *Online* (Zoom) April 20th

Zazen and Liturgy (Zoom)

Oryoki

Samu

Zazen & Dharma Talk (Zoom) [Just Zazen at 11:00 on 4/23]

Zazen and Liturgy (Zoom)

Oryoki

Zazen (Zoom)

Physical Practice / Rest

Zazen (Zoom) [*Zazen & Dharma Talk on 4/23*] [In Taizando]

Oryoki

Zazen, Four Vows (Zoom)

Optional Zazen

Saturday, April 26

6:00–6:40 a.m.

7:00–8:00

8:00

9:15

11:15

11:00–12:30 p.m.

12:30

Closing Day

Optional Zazen

Zazen and Gate of Sweet Nectar (Zoom)

Breakfast

Closing Council

Closing Council (Zoom)

Samu (Cleaning rooms)

Convivial Lunch

SESSHIN TALKS (U.S. MDT)

Sunday, April 20 - Ryotan	11:00 a.m.
Monday, April 21 - Shinzan	11:00 a.m.
Tuesday, April 22 - Monshin	11:00 a.m.
Wednesday, April 23 - Shinzan	5:30 p.m.
Thursday, April 24 - Ryotan	11:00 a.m.
Friday, April 25 - teachers	11:00 a.m.
Saturday, April 26 - Closing Day, no talk	