



# UPAYA ZEN CENTER

1404 Cerro Gordo Rd, Santa Fe, NM 87501

www.upaya.org | upaya@upaya.org

505.986.8518

## ROHATSU: Fresh (In Person and Online 2024) December 1–8, 2024

With Roshi Joan Halifax, Sensei Kazuaki Tanahashi, and Senseis Kodo Roen, Monshin Overley, Kozan Palevsky, Shinzan Palma, Genzan Quennell, and Dainin Lau

**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.

All times are in U.S. **Mountain Standard Time (MST)**. Use this [Time converter](#) to determine your local start time for each session.

**\*The schedule is subject to change.**

### Schedule

#### **Sunday, 12/1**

4:00 p.m.	Server Training
5:00 p.m.	Oryoki Training
6:30	Convivial dinner
<b>7:45–8:45</b>	<b>Orientation &amp; Introduction (&amp; reading of Sesshin rules)</b>

#### **Monday, 12/2 – Saturday, 12/7**

5:00–5:40 a.m.	Optional Zazen
<b>6:00–8:00</b>	<b>Zazen and Liturgy (Optional Meditation Instruction on Monday) (Zoom)</b>
8:00	Oryoki Breakfast
9:30–10:30	Samu
<b>11:00</b>	<b>Zazen and Dharma Talk (Zoom)</b>
<b>12:00 p.m.–1:00</b>	<b>Zazen and Liturgy (Zoom)</b>
1:00	Oryoki Lunch
<b>3:00–4:30</b>	<b>Zazen/Kinhin/Zazen/Kinhin/Zazen (Zoom)</b>
4:30	Physical Practice or rest on your own
<b>5:30–6:30</b>	<b>Zazen and Metta Chant (Zoom)</b>
6:30	Oryoki Dinner
<b>7:45–8:45</b>	<b>Zazen and Four Vows (Zoom)</b>
9:00–10:00	Optional Zazen
<b>12/7 extra hour sit</b>	<b>from 10 pm all night optional zazen (Zoom))</b>

#### **Sunday, 12/8**

6:00–6:40 a.m.	Optional Zazen
<b>7:00–8:00</b>	<b>Zazen and Liturgy, Hoshi for Dainin (Zoom)</b>
8:00	Breakfast (convivial)
9:30–10:45	In Person Closing Council
11:00–12:00	Samu (in-person only)
<b>11:00–12:00 p.m.</b>	<b>Online Closing Council (Zoom)</b>
12:30 p.m.	Lunch & Departures