



dai bosatsu zendo



## Introduction to Zen Weekends | What to Expect

Introduction to Zen Weekends are designed to provide interested individuals with a taste of Rinzai Zen practice in a monastic setting. No prior experience with Zen or meditation is required, and we strongly recommend that newcomers attend at least one Intro to Zen weekend before signing up for a sesshin or a kessei. Over the course of the two days, participants have the opportunity to experience basic elements of Rinzai Zen practice including zazen (sitting meditation), chanting, formal jihatsu style meals, and work practice. A Dharma talk may be given by the Abbot or a senior student.

Since it is vastly better to experience Zen directly, rather than talk or read about it, an Intro to Zen Weekend can provide an authentic, albeit brief, experience of Rinzai Zen practice. The weekend begins with an orientation in sitting posture, our zendo form, and eating form. After this orientation Intro to Zen participants will join in the regular daily schedule of the monastery's residents.

The daily schedule for Intro to Zen can be quite full, and participants will have much to absorb and much to do. If they immerse themselves fully in every activity, however, they will have a true taste of Rinzai Zen practice.

