

Introductory Workshop, Schedule for the Day.

8:45 – Welcome

9:00 – Opening Remarks

- Introductions: We would like to know:

- What brings you here?
- How did you hear about MZC?
- Do you have any expectations for this workshop?
- Do you already have a spiritual practice?

- Brief Q&A session

10:00 – Explanation of the various aspects that constitute correct posture:

- - Straight back and low center of gravity.

- Explanation of the different types of cushions: cotton and buckwheat

- Their properties.
- How to position them.

- Demonstration and practice of various postures adapted for seated Zen practice (Zazen):

- Sitting in a chair. On a mat: Burmese, quarter, half, and full lotus, and kneeling (bench and cushions).
- Participants are invited to try these postures according to their abilities.
- Hand and eye positions, attention to breathing.

- Explanation and demonstration with the Kiosaku.

- Explanation and demonstration of the rituals associated with zazen:

- Bowing upon entering/exiting the zendo.
- Walking period between sitting periods (Kinhin). Hands and head positions. Rhythm, discretion, and silence of the feet.
- Demonstration of the bell's role in beginning and ending a period of zazen. Review of the sequence and its various aspects. Participants are invited to perform this sequence before the break.

11:15 – Restroom break (explanation of the light indicating the door is open).

- Opportunity to visit the main building for those who wish.

- Walking period (Kinhin) on the ground floor, return to the zendo to the sound of the gong. Demonstration of the Han.

11:30 – Zazen period facing the wall (20 minutes)

11:50 – Kinhin

12:00 – Explanation of the rituals associated with the end of the evening zazen

- The chant in praise of Zazen and the four vows.
- Explanation and demonstration of a prostration.

12:25 – Last period for discussion and questions

12:55 – Brief kinhin followed by a period of zazen (20 minutes)

13:15 – End of the workshop.

- (May vary by plus or minus 15 minutes depending on the questions)