

**7-DAY SESSHIN**  
**“SITTING IN STILLNESS”**  
**CITY CENTER, MARCH 21-28, 2026**

Teacher: Kikū Christina Lehnherr

Practice Center: City Center

Date/Time: 7-DAY: March 21-28 , 2026    Day 1-6    6:30am-8:40pm  
Day 7    Shuso Ceremony - TBD

Event Type: Sitting Meditation & Sesshin

Description:

Sesshin, meaning "to gather, collect, and convey the mind-heart," is a traditional Soto Zen meditation retreat that includes formal zendo meals, Dharma talks, sitting and walking meditation, and private interviews with senior teachers. This five-day or seven-day *Sitting in Stillness*, open to everyone and the last formal retreat of the City Center Winter Practice Period, offers opportunities of full participation also to those who may perceive full days of meditation physically or emotionally too intense. Two registration options are available: participants may choose to register for a five-day or a seven-day sesshin. It will also allow for the possibility of substituting periods of zazen with walking meditation outside the meditation hall or even light work in the kitchen. In order to understand the nature of our formal retreats and be clear about the details of the practice, please review the [schedule](#). We ask those who attend the sesshin to commit to participating in the complete schedule.

We will be using the traditional Zen form of oryoki for eating breakfast and lunch in the zendo. While meals are included as part of the sesshin, you will need an oryoki set to participate. You may either borrow informal bowls, bring your own set, purchase one (\$60), or rent a set for the day. Oryoki instruction sessions will be offered on March 20 and March 22. If needed, the formal oryoki meal can be substituted by silent meals in the dining room.

## SCHEDULE

### Day 1-6

5:40	Optional Zazen (40 min)		
5:55	Wake up Bell		
		3:55	End Yoga & Rest
6:20	First bell	4:05	Tea (dining room)
6:30	Zazen (30 min)	4:25	First bell
7:00	Service (Buddha Hall)	4:35	Zazen (30 min)
7:20	Soji	5:05	Kinhin
7:40	Oryoki Breakfast (Zendo)	5:15	Zazen (25 min)
	Break	5:40	Kinhin
9:20	First bell	5:50	Zazen (25 min)
9:30	Zazen (30 min)	6:15	Service (Zendo)
10:00	Densho begins	6:30	Silent dinner (Dining Room)
10:15	Dharma Talk		Break
11:15	Open Kinhin	7:30	First Bell
11:25	Zazen (30 min)	7:40	Zazen (25 min)
11:55	Service (Zendo)	8:05	Kinhin
12:15	Oryoki Lunch (Zendo)	8:15	Zazen (25 min)
	Break	8:40	Refuges
2:15	Work Meeting (Dining Room)		<i>Hot drink available in Kitchen</i>
3:15	End of work		
3:25	Yoga & Resting in Buddha Hall		

### DAY 7: Shuso Ceremony - SCHEDULE TBD