

Zendo Etiquette

1. If you do not have robes, dress casually in comfortable, loose-fitting attire – dark clothing without graphics.
2. Be seated 5 minutes before the sit begins.
3. If you are unable to be there for the start of the service, the best practice is to enter during the walking meditation periods
 - If you need to leave early, go during the walking meditation periods or before the dharma talk/teisho.
4. Enter the zendo with hands in gassho and bow. Hands should be in gassho when moving around the zendo. The only times hands are not in gassho are during zazen and kinhin.
 - Bow to the Buddha when you come to the entrance of the circle
 - Walk along the front edge of the cushions
 - Turn clockwise and bow to your cushion
 - Turn clockwise and bow to the sangha
 - Take your seat
5. Hold the sutra book in your hands in prayer position during service.
 - Put sutra book back under your zabuton before kinhin
6. Sit in stillness
 - If you need to adjust your position, bow and do so quickly
 - If you need extra support cushions or a chair, wait until kinhin to get them.
7. When the shinrei for dokusan/daisan rings, move quickly to the room so the teacher is not waiting long.
 - Enter the room and stand behind your cushion
 - Bow to tanto
 - Take your seat and when ready, bow again
 - When finished, bow to tanto
 - Get up and stand behind your cushion and bow before leaving
8. Mindfulness practices
 - Enter the zendo with your left foot
 - Always turn clockwise
 - Clean up your cushion area at the end of the sit. Leave no trace.