

4:30 am One-Day Retreat Schedule

November 8th

4:30 am – 4:30 pm

4:30 am	Wake-up Bell
4:45 am	108 bows
5:15 am	Chanting
6:00 am	Sitting Zen
7:30 am	Breakfast
8:00 – 9:15 am	Work Period
10:00 – 12:00 pm	Sitting Zen/Interviews
Noon	Lunch
1:30 – 2:30 pm	Sitting Zen
2:30 – 3:30 pm	“Evening” Chanting
3:30 - 4:00 pm	Sitting Zen
4:00 – 4:10 pm	Chanting
4:10 - 4:30 pm	Circle Talk