

Friday Retreat Schedule Later Start (7:00 am-8:30 pm)

[breakfast at home & selected cooks prepare lunch/dinner]

6:45 am	Wake-up Bell
7:00 am	108 Bows
7:30 – 8:15 am	Chanting
8:15 - 8:45 am	Sitting
8:45 – 8:55 am	Walking Meditation
8:55 – 9:25 am	Sitting Zen
9:25 – 9:35 am	Walking Meditation
9:35 – 10:05 am	Sitting Zen
10:05 – 10:15 am	Walking Meditation
10:15 – 10:45 am	Sitting
10:45 – 10:55	Walking Meditation
10:55 -11:25 am	Sitting
11:30 – 12:00 pm	Lunch
12:00 – 12:45 pm	Work Period
12:45 – 1:30 pm	Break
1:30 – 4:00 pm	Sitting Zen & Interviews
4:00 – 5:00 pm	Break
5:00 – 5:30 pm	Dinner
6:00 – 6:45 pm	Chanting
6:50 – 7:20 pm	Sitting Zen
7:20 – 8:00 pm	Stretching Session
8:00 – 8:20 pm	Sitting Zen
8:20 – 8:30 pm	Chanting
8:30 pm	Sleep or optional extra practice

Saturday Retreat Schedule

5:30 am	Wake up Bell
5:45 – 6:00 am	108 bows
6:15 – 7:00 am	Chanting
7:00 – 7:30 am	Sitting Zen
7:30 – 8:00 am	Breakfast
8:00 – 9:15 am	Work Period
9:15 – 10:00 am	Break
10:00 – 12:00 pm	Sitting Zen & Interviews
Noon	Lunch
1:30 – 2:40 pm	Sitting Zen & Interviews
2:45 – 4:00 pm	Dharma Talk
4:00 – 5:00 pm	Break
5:00 pm	Dinner
6:00 pm	Chanting
6:50 -7:20 pm	Sitting Zen
7:20 – 8:00 pm	Stretching Session
8:00 – 8:20 pm	Sitting Zen
8:20 – 8:30 pm	Chanting
8:30 pm	Sleep or optional extra practice

Sunday Retreat Schedule

5:30 am	Wake up Bell
5:45 am	108 bows
6:15 – 7:00 am	Chanting
7:00 am	Sitting Zen
7:30 am	Breakfast
8:00 – 8:45 am	Work Period
8:45 – 9:15 am	Sitting Zen
9:20- 9:30 am	Chanting
9:30 – 10:00 am	Circle Talk/Retreat Concludes
10:30 am	Precepts Ceremony