

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 |