

Day 1: (Friday)

Please arrive by 4 pm.

5:00 pm Orientation Meeting

6:00 pm Social Dinner

7:00 pm – 7:40 pm Zazen after brief
opening remarks, silence begins

7:40 pm – 7:50 pm Kinhin

7:50 pm – 8:30 pm Zazen

9:00 pm Suggested Light Out

Day 2: (Saturday)

4:30 am Suggested wake up time.
Be seated in Zendo by 5:00 am

5:10 am – 5:50 am Zazen

5:50 am – 6:00 am Kinhin

6:00 am – 6:40 am Zazen

7:00 am --Silent Breakfast

8:00 am – 8:40 am Zazen

8:40 am – 8:50 am Kinhin

8:50 am – 9:30 am Zazen

Silent Break

9:50 am – 10:30 am Zazen

10:30 am – 10:40 am Kinhin

10:40 am – 11:20 am Zazen

11:20 am – 11:30 am Kinhin

11:30 am – 12:10 pm Zazen

Quiet personal Time

12:30 pm Silent Lunch

Quiet Personal Time

2:00 pm – 2:40 pm Zazen

2:40 pm – 2:50 pm Kinhin

2:50 pm – 3:30 pm Zazen

Silent Break

3:50 pm – 4:30 pm Zazen

4:30 pm – 4:40 pm Kinhin

4:40 pm – 5:20 pm Zazen

Quiet Personal Time

6:00 pm Silent Dinner

Quiet Personal Time

7:00 pm – 7:40 pm Zazen

7:40 pm – 7:50 pm Kinhin

7:50 pm – 8:30 pm Zazen

9:00 pm Suggested Light Out

Day 3: (Sunday)

4:30 am Suggested wake up time.
Be seated in Zendo by 5:00 am

5:10 am – 5:50 am Zazen

5:50 am – 6:00 am Kinhin

6:00 am – 6:40 am Zazen

Silent Break

7:00 am Silent Breakfast

8:00 am – 8:40 am Zazen

8:40 am – 8:50 am Kinhin

8:50 am – 9:30 am Zazen

Silent Break

9:50 am – 10:30 am Zazen

10:30 am - 11:00 am Open Sōsan in Zendo:
Lifting the silence and closing.

11:00 am Check Out