

FRIDAY EVENING

5:00 – 6:00 Orientation and Social Time
6:00 – 6:30 Evening Meal
6:45 – 7:30 Guided Meditation (Optional)
7:30 – 7:45 Instructions and Q&A
7:45 – 8:00 Break
8:00 – 9:00 Group Sitting
9:30 **SILENCE BEGINS**

SATURDAY

5:00 Wake-up

5:30 – 6:15 Group Sitting (Zazen)
6:15 – 6:45 Kinhin (Indoor Walking Meditation)
6:45 – 7:30 Group Sitting (Zazen)

Morning Break 7:30 am – 9:00 am

7:30 – 8:00 Rest, Exercise, Personal Time
8:00 – 8:30 Breakfast
8:30 – 9:00 Rest, Exercise, Personal Time

Morning Session 9:00 am – 12:00 pm

9:00 – 9:45 Group Sitting (Zazen)
9:45 – 10:15 Outdoor Walking Meditation or Kinhin
10:15 – 11:00 Group Sitting (Zazen)
11:00 – 11:30 Outdoor Walking Meditation or Kinhin
11:30 – 12:00 Group Sitting (Zazen)

Mid-day Break 12:00 pm – 1:30 pm

12:00 – 12:30 Lunch
12:30 – 1:30 Personal Time, Rest

Afternoon Session 1:30 pm – 5:15 pm

1:30 – 2:00 Sitting/Zazen, Walking/Kinhin or optional Q&A Session
2:00 – 2:30 Sitting/Zazen, Walking/Kinhin or optional Q&A Session
2:30 – 3:00 Sitting/Zazen, Walking/Kinhin or Meditation Interview
3:00 – 3:30 Sitting/Zazen, Walking/Kinhin or Meditation Interview
3:30 – 4:00 Sitting/Zazen, Walking/Kinhin or Meditation Interview
4:00 – 4:30 Sitting/Zazen, Walking/Kinhin or Meditation Interview
4:30 – 5:15 Group Sitting (Zazen)

Evening Break 5:15 pm – 7:00 pm

5:15 – 6:00 Rest, Exercise, Personal Time
6:00 – 6:30 Evening Meal
6:30 – 7:00 Personal Time, Rest

Evening Session 7:00 – 9:00

7:00 – 8:00 Dharma Discussion

8:00 – 8:15 Kinhin (Indoor Walking Meditation)
8:15 – 9:00 Group Sitting (Zazen)

SUNDAY

5:00 Wake-up

5:30 – 6:15 Group Sitting (Zazen)
6:15 – 6:45 Kinhin (Indoor Walking Meditation)
6:45 – 7:30 Group Sitting (Zazen)

Morning Break 7:30 am – 9:00 am

7:30 – 8:00 Rest, Exercise, Personal Time
8:00 – 8:30 Breakfast
8:30 – 9:00 Rest, Exercise, Personal Time

Morning Session 9:00 am – 12:00 pm

9:00 – 9:45 Group Sitting (Zazen)
9:45 **SILENCE ENDS**
9:30 – 10:30 Personal Time, Packing, Check out of sleeping rooms
10:30 – 12:00 Closing Discussion
12:00 – 1:00 Lunch, Social Time and Departure