

8 May gather and setup from 5 pm on

7 pm Introduction
7:15 Zazen
7:45 Kinhin
7:55 Zazen
8:25 Kinhin
8:35 Zazen
9:05 Tisarana and the great silence

9-11 May

8 am Zazen
8:30 Breakfast- silent oryoki
9:00 Break
9:30 Soji
9:50 Kinhin
10 Zazen
10:40 Talk setup
10:50 Talk
11:20 Kinhin
11:30 Zazen
12 Kinhin
12:10 Heart Sutra service
12:20 Lunch- oryoki with chant
12:50 Break
1:30 oryoki refresher if desired
2 Movement class
2:40 Doan ryo or zazen as each chooses
3:20 Kinhin
3:30 Zazen
4:10 Tea with discussion
4:40 Zazen
5:20 Dinner
6 Break
7 open period- stand, rest posture or kinhin as needed
9 Tisarana and great silence

12 May

8 am Zazen
8:30 Breakfast- silent oryoki
9:00 Break
9:30 Soji
9:50 Kinhin
10 Zazen
10:40 Setup for service followed by Ryaku Fusatsu
Afterwards: Zazen
11:40 Close of retreat conversation with tea

