RETREAT SCHEDULE (Begins at 7pm on Monday August 23rd)

Communal Practice
6:30-8:20am – Zazen/Kinhin/Zazen/Posture Adjustment/Zazen
8:20am – Short chanting service (*we will listen to a recording or have someone on Zoom lead the chant, in order to avoid chanting together in the Zendo*)
8:35am – Formal Breakfast – *At the Zendo (and at home, obviously): Bring your own food (vegetarian only at the Zendo please)*

Personal Practice
9-10:45am – Silent Work, Study, or Exercise – *Choose something simple, quiet, and restorative to do, like cleaning, sewing, gardening, or taking a walk. Also take this time to prepare your lunch. Set a timer for yourself so you don't have to keep looking at the clock. When the timer goes off, immediately stop your activity and clean up. At the Zendo: There may be some community work to be done (cleaning, weeding, etc.) Bring/plan on some personal work, study, or exercise in case there isn't.*

Communal Practice
11:00-12:30pm – Zazen/Kinhin/Zazen/Kinhin/Zazen
12:35pm – Formal Lunch – *At the Zendo (and at home, obviously): Bring your own food (vegetarian only at the Zendo please)*

Personal Practice
1pm – Rest period – *Spend this time doing something very quiet and relaxing – take a nap or a leisurely walk, read some Dharma material, or just sit in the sun*

Communal Practice
2:30pm – Recitation
2:40-4pm – Zazen/Kinhin/Zazen – *Sanzen (interview with teacher) available* (*In-person interviews will be adapted somehow to allow for distancing/fresh air… stay tuned)*

Personal Practice
4pm – Dinner break – *Take care of personal responsibilities, shower, rest, prepare and eat dinner. At the Zendo: This will probably be a time when you will want to go home, as we do not have cooking or bathing facilities at the building. However, registered participants are welcome to remain on the premises or go get dinner at the stores across the* street.

Communal Practice (Retreat begins here on Monday August 23rd)
7pm – Recitation
7:10-9pm – Zazen/Kinhin (7:40)/Zazen (7:50)/Kinhin (8:20)/Zazen (8:30) – *Encouragement talk (Teisho) during the middle (7:50-8:20pm) zazen period*
9pm – Closing chant (*we will listen to a recording or have someone on Zoom lead the chant, in order to avoid chanting together in the Zendo*)
9:10pm – Evening ends

Saturday Morning, August 28th (see next page):

Saturday Morning, August 28th:

Communal Practice – ***Note practice begins later on Saturday to accommodate regular Saturday sitting, and does not include breakfast (those at the Zendo will want to eat earlier)***
7:30-9:20am – Zazen/Kinhin/Zazen/Posture Adjustment/Zazen
9:20am – Short chanting service (*we will listen to a recording or have someone on Zoom lead the chant, in order to avoid chanting together in the Zendo*)
9:30am – Retreat Closing Ceremony
10:30am – Retreat Ends