

# Rohatsu Retreat Schedule 2020 (Online)

*All times are listed in Pacific Time.*

## Retreat Begins Monday, Dec. 7th

### **Communal Practice**

7:00pm.....Zazen  
7:20pm.....Kinhin  
7:30pm.....Zazen + Retreat Welcome  
7:50pm.....Kinhin  
8:00pm.....Zazen  
8:20pm.....Kinhin  
8:30pm.....Zazen  
8:50pm.....Closing Chant ([Metta Sutta](#))  
9:00pm.....End of Communal Practice

### **Personal Practice**

*After the end of evening practice, if it's compatible with those you live with, try to maintain "noble silence" – no speaking unless absolutely necessary – until after zazen the following morning. Ideally, go to bed; this helps you carry the stillness of zazen into sleep. If unable to go to bed, sit more zazen, do walking or reclining meditation, read some Dharma material, or do some journaling.*

~ **See next page for Tues-Sat full day schedule** ~

## Retreat Ends Sunday, Dec. 13th

### **Communal Practice**

6:30am.....Zazen  
6:55am.....Posture Adjustment/Zazen  
7:20am.....Chanting Service  
7:30am.....Retreat Closing Circle  
8:00am.....Retreat Ends

*Bright Way Zen will hold its [Sunday morning practice](#) as usual, starting at 9:30am Pacific.*

### **Chants**

*Copies of chants are available on the website (find links in the Rohatsu Schedule, <https://brightwayzen.org/rohatsu-retreat-schedule-2020/>). You can print them or follow along on a device.*

### **Oryoki**

*If you have an oryoki set and want to use it, the following is recommended. There will not be time during the formal meal ceremony dedicated to the usual process of washing up.*

- 1. Open and lay out your oryoki set ahead of time on a tray.*
- 2. Serve your food into your oryoki bowls in your kitchen, and cover them as necessary to keep food warm.*
- 3. Bring the tray with your oryoki and food to your meditation seat and wait for the meal to begin.*
- 4. Chant along with the meal verse and eat afterwards.*
- 5. When you are done eating, go ahead and clean your bowls with your spatula.*
- 6. After the formal meal has ended, go wash your oryoki bowls and package them back up again.*

## Rohatsu Retreat Schedule

Tuesday, Dec. 8th – Saturday, Dec. 12th

### *Communal Practice*

6:30am.....Zazen  
6:55am.....Posture Adjustment/Zazen  
7:20am.....Kinhin  
7:30am.....Zazen  
7:55am.....Posture Adjustment/Zazen  
8:20am.....[Chanting Service](#) (*Chant along, but keep yourself muted; it doesn't work to chant together on Zoom.*)  
8:30am.....Break for breakfast prep  
8:45am.....**Formal Breakfast** (*Oryoki optional\* - [Meal Chant](#) available on website*)

### *Personal Practice*

9:15am.....Break, Cleanup  
9:30am.....**Silent Work Practice** (*Choose something simple, physical, and restorative to do, like cleaning, sewing, or gardening. Also take this time to prepare your lunch. Set a timer for yourself so you can work without looking at the clock. When the timer goes off, immediately stop your work and clean up.*)  
11:15am.....End work, prepare for zazen

### *Communal Practice*

11:30am.....Zazen  
11:55am.....Kinhin  
12:05pm.....Zazen  
12:30pm.....Break for lunch prep  
12:45pm.....**Formal Lunch** (*Oryoki optional\* - [Meal Chant](#) available on website*)

### *Personal Practice*

1:00pm.....Break, Cleanup  
1:30pm.....**Rest** (*Spend this time taking a nap or doing something very quiet and relaxing – take a leisurely walk, read some Dharma material, or just sit in the sun or listen to the rain.*)  
2:30pm.....**Exercise** (*Do your personal exercise routine at this time, or at least take a vigorous walk.*)

### *Communal Practice*

3:30pm.....Afternoon Recitation ([Genjokoan](#))  
3:40pm.....Zazen  
4:00pm.....Kinhin  
4:10pm.....Zazen  
4:30pm.....Kinhin  
4:40pm.....Zazen  
5:00pm.....Kinhin  
5:10pm.....Zazen  
5:30pm.....End zazen, dinner break

### *Personal Practice*

*Although dinner is on your own, try to maintain silence and stillness throughout this period. Take care of other life responsibilities as necessary but try to stay offline if you can and avoid getting too caught up in busyness.*

### *Communal Practice*

7:00pm.....Zazen  
7:20pm.....Kinhin  
7:30pm.....Zazen + Teisho (*Encouragement talk given during zazen*)  
7:50.....Kinhin  
8:00pm.....Zazen  
8:20pm.....Kinhin  
8:30pm.....Zazen  
8:50pm.....**Closing Chant** ([Metta Sutta](#))  
9:00pm.....End of Communal Practice

### *Personal Practice*

*After the end of evening practice, if it's compatible with those you live with, try to maintain "noble silence" – no speaking unless absolutely necessary – until after zazen the following morning. Ideally, go to bed; this helps you carry the stillness of zazen into sleep. If unable to go to bed, sit more zazen, do walking or reclining meditation, read some Dharma material, or do some journaling.*