

## BWZ Zazenkai Schedule

Shaded areas = before 5am or after 11pm, not considered part of the retreat schedule for you, although you're welcome

	Hawaii	Alaska	Pacific	Mountain	Central	Eastern	UK	EET
Zazen/Posture Adjustment/Zazen	3:30 AM	4:30 AM	5:30 AM	6:30 AM	7:30 AM	8:30 AM	1:30 PM	3:30 PM
Kinhin	4:20 AM	5:20 AM	6:20 AM	7:20 AM	8:20 AM	9:20 AM	2:20 PM	4:20 PM
Zazen/Posture Adjustment/Zazen	4:30 AM	5:30 AM	6:30 AM	7:30 AM	8:30 AM	9:30 AM	2:30 PM	4:30 PM
Chanting Service (30 min)	5:20 AM	6:20 AM	7:20 AM	8:20 AM	9:20 AM	10:20 AM	3:20 PM	5:20 PM
Oryoki Meal	6:00 AM	7:00 AM	8:00 AM	9:00 AM	10:00 AM	11:00 AM	4:00 PM	6:00 PM
Cleanup	6:40 AM	7:40 AM	8:40 AM	9:40 AM	10:40 AM	11:40 AM	4:40 PM	6:40 PM
Silent Work	7:00 AM	8:00 AM	9:00 AM	10:00 AM	11:00 AM	12:00 PM	5:00 PM	7:00 PM
End Work	8:00 AM	9:00 AM	10:00 AM	11:00 AM	12:00 PM	1:00 PM	6:00 PM	8:00 PM
Recitation	8:20 AM	9:20 AM	10:20 AM	11:20 AM	12:20 PM	1:20 PM	6:20 PM	8:20 PM
Zazen	8:35 AM	9:35 AM	10:35 AM	11:35 AM	12:35 PM	1:35 PM	6:35 PM	8:35 PM
Kinhin	8:55 AM	9:55 AM	10:55 AM	11:55 AM	12:55 PM	1:55 PM	6:55 PM	8:55 PM
Zazen	9:05 AM	10:05 AM	11:05 AM	12:05 PM	1:05 PM	2:05 PM	7:05 PM	9:05 PM
Kinhin	9:25 AM	10:25 AM	11:25 AM	12:25 PM	1:25 PM	2:25 PM	7:25 PM	9:25 PM
Zazen	9:35 AM	10:35 AM	11:35 AM	12:35 PM	1:35 PM	2:35 PM	7:35 PM	9:35 PM
Oryoki Meal	10:00 AM	11:00 AM	12:00 PM	1:00 PM	2:00 PM	3:00 PM	8:00 PM	10:00 PM
Cleanup	10:40 AM	11:40 AM	12:40 PM	1:40 PM	2:40 PM	3:40 PM	8:40 PM	10:40 PM
Rest	10:40 AM	11:40 AM	12:40 PM	1:40 PM	2:40 PM	3:40 PM	8:40 PM	10:40 PM
End Rest Period	12:15 PM	1:15 PM	2:15 PM	3:15 PM	4:15 PM	5:15 PM	10:15 PM	12:15 AM
Dharma Talk & Chants	12:30 PM	1:30 PM	2:30 PM	3:30 PM	4:30 PM	5:30 PM	10:30 PM	12:30 AM
Kinhin	1:15 PM	2:15 PM	3:15 PM	4:15 PM	5:15 PM	6:15 PM	11:15 PM	1:15 AM

Zazen (Sanzen available)	1:30 PM	2:30 PM	3:30 PM	4:30 PM	5:30 PM	6:30 PM	11:30 PM	1:30 AM
Kinhin	1:55 PM	2:55 PM	3:55 PM	4:55 PM	5:55 PM	6:55 PM	11:55 PM	1:55 AM
Zazen	2:05 PM	3:05 PM	4:05 PM	5:05 PM	6:05 PM	7:05 PM	12:05 AM	2:05 AM
Kinhin	2:30 PM	3:30 PM	4:30 PM	5:30 PM	6:30 PM	7:30 PM	12:30 AM	2:30 AM
Zazen	2:40 PM	3:40 PM	4:40 PM	5:40 PM	6:40 PM	7:40 PM	12:40 AM	2:40 AM
End Zazen	3:00 PM	4:00 PM	5:00 PM	6:00 PM	7:00 PM	8:00 PM	1:00 AM	3:00 AM
Oryoki Meal	3:00 PM	4:00 PM	5:00 PM	6:00 PM	7:00 PM	8:00 PM	1:00 AM	3:00 AM
Cleanup	3:40 PM	4:40 PM	5:40 PM	6:40 PM	7:40 PM	8:40 PM	1:40 AM	3:40 AM
Zazen	4:30 PM	5:30 PM	6:30 PM	7:30 PM	8:30 PM	9:30 PM	2:30 AM	4:30 AM
Kinhin	4:55 PM	5:55 PM	6:55 PM	7:55 PM	8:55 PM	9:55 PM	2:55 AM	4:55 AM
Zazen	5:05 PM	6:05 PM	7:05 PM	8:05 PM	9:05 PM	10:05 PM	3:05 AM	5:05 AM
Formal Tea	5:30 PM	6:30 PM	7:30 PM	8:30 PM	9:30 PM	10:30 PM	3:30 AM	5:30 AM
Closing Statements	5:45 PM	6:45 PM	7:45 PM	8:45 PM	9:45 PM	10:45 PM	3:45 AM	5:45 AM
Closing Chant (Metta Sutta)	6:20 PM	7:20 PM	8:20 PM	9:20 PM	10:20 PM	11:20 PM	4:20 AM	6:20 AM
Retreat Ends	6:30 PM	7:30 PM	8:30 PM	9:30 PM	10:30 PM	11:30 PM	4:30 AM	6:30 AM