

BWZ Zazenkai Schedule - Dirt Zendo/Pacific Time

Zazen/Posture Adjustment/Zazen5:30 AM

Kinhin6:20

Zazen/Posture Adjustment/Zazen6:30

Chanting Service (30 min)7:20

Oryoki Meal8:00

Cleanup8:40

Silent Work9:00

End Work10:00

Recitation.....10:20

Zazen10:35

Kinhin10:55

Zazen11:05

Kinhin11:25

Zazen11:35

Oryoki Meal12:00 PM

Cleanup/Rest Period12:40

End Rest Period2:15

Dharma Talk & Chants.....2:30

Kinhin3:15

Zazen (Sanzen available)3:30

Kinhin3:55

Zazen4:05

Kinhin4:30

Zazen4:40

End Zazen5:00

Oryoki Meal5:00

Cleanup5:40

Zazen6:30

Kinhin6:55

Zazen7:05

Formal Tea7:30

Closing Statements7:45

Closing Chant (Metta Sutta).....8:20

Retreat Ends8:30

