

## Zen Weekend Retreat

There will be a Tenzo/cook. All meals are vegetarian. If you have a restrict diet, you are welcome to bring your own food.

### Friday (Schedule starts @ 6PM)

6:00PM	Check-in
7:00PM	Orientation
7:30PM	Zazen
8:00PM	Kinhin
8:10PM	Zazen
8:40PM	Four Vows/End

### Saturday

5:30AM	Wake up
6:00AM	Stretching
6:15AM	Verse of Atonement/Zazen
6:50AM	Kinhin
7:00AM	Zazen
7:30AM	Verse of the Kesa/Kinhin
7:40AM	Service
8:00AM	Breakfast
9:00AM	Work-practice/Samu
10:00AM	Short Break
10:30AM	Zazen
11:00AM	Kinhin
11:10AM	Dharma Talk
12:00PM	Kinhin
12:10PM	Zazen
12:40PM	Kinhin
12:50PM	Zazen
1:00PM	Lunch
2:00PM	Rest
2:30PM	Zazen
3:00PM	Exercise(Yoga/Body scan)
4:15PM	Short Break
4:45PM	Zazen
5:20PM	Kinhin
5:30PM	Zazen
6:00PM	Dinner
7:00PM	Zazen
7:30PM	Kinhin
7:40PM	Zazen
8:10PM	Kinhin
8:20PM	Zazen
8:50PM	Four Vows/End

### Sunday

5:30AM	Wake up
6:00AM	Stretching
6:15AM	Zazen
6:45AM	Kinhin
6:55AM	Closing Council
8:20AM	Breakfast
9:30AM	Service
9:50AM	Zazen
10:15AM	Kinhin
10:25AM	Zazen
10:50AM	End/Break
11:00AM	Dharma Talk