

Friday Retreat Schedule

4:30 am	Wake up Bell
4:45 am	108 bows
5:15 am	Chanting
6:00 am	Sitting Zen
7:30 am	Breakfast
8:00 – 9:15 am	Work Period
10:00 – 12:00 pm	Sitting Zen
Noon	Lunch
1:30 – 4:00 pm	Kido
5:00 pm	Dinner
6:30 pm	Chanting
7:30 – 8:00 pm	Sitting Zen
8:05 – 8:55 pm	Stretching Session
9:00 – 9:30 pm	Sitting Zen
9:30 – 9:40 pm	Chanting
9:40 pm	Sleep or optional extra practice

Saturday Retreat Schedule

4:30 am	Wake up Bell
4:45 am	108 bows
5:15 am	Chanting
6:00 am	Sitting Zen
7:30 am	Breakfast
8:00 – 9:15 am	Work Period
10:00 – 12:00 pm	Sitting Zen
Noon	Lunch
1:30 – 2:30 pm	Dharma Talk
2:40 – 4:00 pm	Sitting Zen
5:00 pm	Dinner
6:30 pm	Chanting
7:30 – 8:00 pm	Sitting Zen
8:05 – 8:55 pm	Stretching Session
9:00 – 9:30 pm	Sitting Zen
9:30 – 9:40 pm	Chanting
9:40 pm	Sleep or optional extra practice

Sunday Retreat Schedule

4:30 am	Wake up Bell
4:45 am	108 bows
5:15 am	Chanting
6:00 am	Sitting Zen
7:30 am	Breakfast
8:00 – 8:45 am	Work Period
8:45 – 9:15 am	Sitting Zen
9:20- 9:30 am	Chanting
9:30 – 10:00 am	Circle Talk/Retreat Concludes
10:30 am	Precepts Ceremony