

Daily Schedule For 3-Day Zazen Retreat 2011

	April 30 Saturday	May 1 Sunday	May 2 Monday
04:30		Get Up	Get Up
05:00-05:45		<u>Zazen</u>	<u>Zazen</u>
05:45-07:00		Free Time	Free Time
07:00-07:40		Breakfast	Breakfast
08:00-08:40		Work Period	Work Period
08:50-09:20		<u>Zazen</u>	<u>Zazen</u>
09:20-09:40		Kinhin	Kinhin
09:40-10:10		<u>Zazen</u>	<u>Zazen</u>
10:20-11:30		Lecture	Lecture
11:30-12:00		Free Time	Free Time
12:00	Arrival		
12:00-12:40	Lunch	Lunch	Lunch
13:00-14:00	Orientation	Free Time	Closing
13:30-13:50		Light Yoga (optional)	
14:00-14:30	<u>Zazen</u>	<u>Zazen</u>	
14:30-14:50	Kinhin*	Kinhin	
14:50-15:20	<u>Zazen</u>	<u>Zazen</u>	
15:30-17:00	Lecture	Lecture	
17:00-18:00	Free Time	Free Time	
18:00-18:45	Dinner	Dinner	
19:15-20:00	<u>Zazen</u>	<u>Zazen</u>	
20:00-21:00	Bath & Free Time	Bath & Free Time	
21:00	Lights Out	Lights Out	

*Kinhin is a slow walking.