

Schedule For Summer Retreat 2018

	August 4 Saturday	August 5 Sunday	August 6 Monday
05:30		Get Up	Get Up
06:00-06:40		Zazen	Zazen
06:40-07:30		Free Time	Free Time
07:30-08:00		Breakfast	Breakfast
08:00-08:40		Work Period***	Work Period
08:50-09:20		Zazen	Zazen
09:20-09:40		Kinhin	Kinhin
09:40-10:10	Meet up in Tokyo	Zazen	Zazen
10:20-11:00	Train Travel	Talk and Tea	Talk and Tea
11:00-12:00	Lunch in Hanno City	Free Time	Free Time
12:00-13:00	Bus Travel	Lunch	Lunch
13:00-14:00	Arrive at Temple	Free Time	End Retreat
14:00-14:30	Zazen*	Zazen	
14:30-14:50	Kinhin**	Kinhin	
14:50-15:20	Zazen	Zazen	
15:30-16:30	Talk and Tea	Talk and Tea	
16:30-18:00	Free Time	Free Time	
18:00-18:40	Dinner	Dinner	
19:00-19:40	Zazen	Zazen	
19:40-21:00	Bath & Free Time	Bath & Free Time	
21:00	Lights Out	Lights Out	

*Zazen is sitting meditation

**Kinhin is slow walking meditation.

***Work Period consists of light work in the temple garden.