

Zen Center of Orange County Retreat Day

Arrive 7:30 am or 10 am & Depart 7 pm

*A day of meditation & mindfulness in silence
in a structured, community setting
Held at ZCOC, 120 E. 18th St., Costa Mesa, CA*

*Anyone who is able to sit still for four 30 minute meditation periods,
spaced throughout the day, using a chair or cushion, is welcome.*

SCHEDULE FOR THE DAY

FIRST BLOCK

Key: ** Optional rest periods

7:30 – 8:00 Arrivals (Tea, coffee & juice available but have your breakfast before arrival)

Newcomer Instruction on meditation, day of mindfulness & orientation

8:00—8:30 Zazen/seated meditation

8:30—8:40 Walking meditation

8:40—9:10 Zazen/seated meditation**

9:10—9:20 Walking meditation

9:20—9:50 Zazen/seated meditation

10:00—**Optional later arrivals for those who wish**

9:50—10:20 Break. Change to work clothes (shorts, jeans, etc.)

10:20—11:50 Work Practice (Simple activities such as gardening & dusting done mindfully)

11:50 —12:20 Break (change clothes)

SECOND BLOCK

12:20—12:50 Zazen/seated meditation**

12:50—1:00 Walking meditation

1:00—1:30 Zazen/seated meditation

1:30—2:00 Silent vegan lunch buffet

2:00--3:00 Afternoon private practice: Nap or rest, yoga/stretching, walk outside, etc.

THIRD BLOCK

3:00—3:30 Zazen/seated meditation

3:30—4:00 Zen Talk or Reading

4:00—5:00 Unstructured**

You may choose to practice either slow walking meditation or seated meditation, rotating between the two on your own schedule. You may also opt to rest for all or part of the period

5:00—5:20 Zazen/meditation

5:20--5:30 Closing

5:30—6:15 Vegan Buffet Supper (and social, with talking encouraged!)

6:15—7:00 Clean up & departure