

Sample One Day Retreat Schedule

Unstructured period: You may choose to practice either slow walking meditation or seated meditation in the Zendo, rotating between the two on your own schedule.

Optional rest periods: If you wish, you may rest in the lobby/tea room or other areas, have tea, stretch out and relax. The optional rest periods are marked with stars: **

FIRST BLOCK

7:00 am: Newcomer arrival: Instruction on meditation and mindfulness & orientation
Tea, coffee & juice available (have breakfast before arrival)
7:30 – 8:00 Arrival of experienced practitioners
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
9:50—10:20 Break (Bring change of clothes & shoes for work practice)
10:20—11:50 Work Practice
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 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
4:00—5:00 Unstructured**
5:00—5:20 Zazen/meditation
5:20---5:40 Liturgical Service (Readings and dedications)
5:40—6:30 Buffet Supper (and social)
6:30—7:00 Clean up & departure