

ZEN CENTER OF ORANGE COUNTY ONE-DAY RETREAT SCHEDULE

Optional rest periods: If you wish, you may rest in the tea room. The optional rest periods are in green..

FIRST BLOCK

- 7:00 am: Newcomer arrival: Instruction on meditation and mindfulness & orientation
Tea, coffee & juice available (but have your 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. Change to work clothes (shorts, jeans, etc.)
- 10:20—11:50 Work Practice
(Simple activities such as gardening, dusting and sweeping are 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
- 4:00—5:00 Unstructured**
- 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.
- 5:00—5:20 Zazen/meditation
- 5:20---5:30 Closing
- 5:30—6:15 Vegan Buffet Supper (and social)
- 6:15—7:00 Clean up & departure

What to wear and bring:

We want to create a meditative environment with as few distractions as possible. Wear comfortable clothes, but please avoid: jeans, shorts, short pants (slacks should reach the ankles), T-shirts, clothes with writing, tight or revealing clothes and perfumes. Do not bring water or food unless you have special dietary needs (if so, please let us know in advance). Bring work clothes.