

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

10:00—10:30 Newcomer arrival: Instruction on meditation and mindfulness & orientation to the retreat day

10:30—10:40 Zazen/seated meditation

10:40—10:50 (Change clothes & shoes for work practice)

10:50—11:50 Work Practice (simple work done mindfully in community)

11:50 —12:20 Break (change clothes, coffee, tea, snack)

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