

Schedule for One Day Retreat for Newcomers*

**** Option to rest (have tea, nap, etc.).**

First Block

**9:30—10:20 Newcomer arrivals, orientation, meditation instruction
(Meet in the lobby/tearoom)**

10:20—10:50 Zazen/meditation

10:50—11:05 Break (tea, coffee, water, juice)

Second Block

11:05—12:20 Work Practice (Awareness or mindfulness while doing simple tasks together)

12:20—12:40 Break

12:40—1:10 Zazen/meditation

1:10—1:40 Silent buffet vegan lunch

1:40—2:40 Afternoon Break (nap, walk, exercise, etc.)

Third Block

2:40—3:10 Zazen/meditation

3:10—3:20 Walking meditation

3:20—3:50 Zen talk

3:50—4:50 Unstructured Zazen and slow walking meditation (on your own schedule)**

4:50—5:20 Zazen/meditation

5:20—5:30 Closing remarks

5:30—6:15 Evening dinner vegan buffet (with conversation)

6:15—Departure of those with no clean up duties

6:15—7:00 Clean up

7:00 Departure and Close

**The one day retreat for newcomers is integrated with an ongoing retreat for Zen practitioners*