

Daily Schedule For Zazen Retreat 2007

	Sept 22	Sept 23	Sept 24	Sept 25
	Saturday	Sunday	Monday	Tuesday
04:30		Get Up	Get Up	Get up
05:00 - 05:45		Zazen	Zazen	Zazen
05:45 – 07:00		Free Time	Free Time	Free Time
07:00 – 07:40		Breakfast	Breakfast	Breakfast
08:00 – 08:40		Work Period	Work Period	Work Period
08:50 – 09:20		Zazen	Zazen	Zazen
09:20 – 09:40		Kinhin*	Kinhin	Kinhin
09:40 – 10:10		Zazen	Zazen	Zazen
10:20 – 11:30		Lecture	Lecture	Lecture
11:30 – 12:00		Free Time	Free Time	Free Time
12:00	Arrival			
12:00 – 12:40	Lunch	Lunch	Lunch	Lunch
13:00 – 14:00	Orientation and Opening Ceremony	Free Time	Free Time	Closing Ceremony
14:00 – 14:30	Zazen	Zazen	Zazen	
14:30 – 14:50	Kinhin	Kinhin	Kinhin	
14:50 – 15:20	Zazen	Zazen	Zazen	
15:30 – 17:00	Lecture	Lecture	Lecture	
17:00 – 18:00	Free Time	Free Time	Free Time	
18:00 – 18:40	Dinner	Dinner	Dinner	
19:00 – 19:45	Zazen	Zazen	Zazen	
19:45 – 21:00	Bath & Free Time	Bath & Free Time	Bath & Free Tim	
21:00	Lights Out	Lights Out	Lights Out	

*Kinhin is a slow walking.