

Autumnal Equinox Retreat Schedule

Monday, September 20th – Saturday, September 25th, 2021

04:50am	Seated in Zendo; <i>Gosei</i>
05:00am	Choka (<i>sutras p.3-14</i>); Sampai; Han
05:40am	Zazen (<i>short period</i>); Kinhin
06:00am	Zazen; Zazen
06:55am	Breakfast; Cleanup; Break
08:15am	Samu [<i>meet on kitchen deck</i>]
10:00am	Samu Cleanup / Break
10:20am	Seated in Zendo; <i>Gosei</i>
10:30am	Zazen; Kinhin
11:10am	Outside Uninterrupted Zazen [<i>on Zendo Deck</i>]
12:00pm	Lunch; Cleanup; Break
1:50pm	Seated in Zendo; <i>Gosei</i>
2:00 pm	Dharma Talk; Kinhin
3:00pm	Zazen; Zazen
4:00pm	Outside Practice [<i>meet at zendo</i>]
5:00pm	Dinner (<i>informal, optional</i>) [<i>cleanup at 5:20</i>]
5:50 pm	Seated in Zendo; <i>Gosei</i>
6:00pm	Uninterrupted Zazen; Han; Kinhin
7:00pm	Zazen; Zazen; Kinhin
8:00pm	Zazen; Zazen
8:45pm	Han; Closing Sutra (<i>sutras p.17</i>); Sampai
9:00pm	Kaichin / Yaza

Please Note:

- **Drop-in Attendance is only available during evening Zazen. Full Vaccination and Masks required. Please follow our Covid Guidelines.**
- Events in **bold** will be broadcast via Zoom. See our website for details: <https://www.tahomazenmonastery.com>
- Please arrive early for all events, by *Gosei* for in-person attendance, five minutes for online attendance.

Autumnal Equinox Retreat Schedule

Sunday, September 26th, 2021

04:50am	Seated in Zendo; <i>Gosei</i>
05:00am	Abbreviated Choka (<i>sutras p.3,4,10,12,13</i>); Han ;
05:20am	Zazen (<i>short period</i>); Kinhin
05:45am	Zazen
06:15am	Closing Sutra (<i>sutras p. 6,7</i>); Closing Talk
06:30am	Breakfast; Cleanup; Break
08:00am	Zazenkai (<i>sutras p.3,10,13</i>)

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