

October Weekend Retreat Schedule

Friday, October 22nd & Saturday, October 23rd, 2021

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|----------------|---|
| 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>] |
| 09:30am | Samu Cleanup / Break |
| 09:50am | Seated in Zendo; <i>Gosei</i> |
| 10:00am | Zazen; Zazen; Kinhin |
| 11:10am | Zazen; Zazen [<i>On Zendo deck weather permitting</i>] |
| 12:00pm | Lunch; Cleanup; Break |
| 1:50pm | Seated in Zendo; <i>Gosei</i> |
| 2:00 pm | Dharma Talk; Kinhin |
| 3:00pm | Zazen; Zazen; Kinhin |
| 4:15pm | Physical/Outside Practice [<i>self-directed</i>] |
| 5:00pm | Dinner (<i>informal, optional</i>); Break; |
| 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>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.

October Weekend Retreat Schedule

Sunday, October 24th, 2021

| | |
|----------------|---|
| 04:50am | Seated in Zendo; <i>Gosei</i> |
| 05:00am | Choka (<i>sutras p.3-9, 10-14</i>); Han ; |
| 05:30am | Zazen (<i>short period</i>); Kinhin |
| 05:55am | Zazen |
| 06:30am | Breakfast; Cleanup; Break |
| 08:00am | Zazen kai (<i>sutras p.3, 10</i>) |
| 09:50am | Zazen ; Zazen ; Kinhin |
| 11:00am | Closing Sutras (<i>p. 6, 7</i>); Closing Talk ; |
| 11:30am | Questions |
| 12:00pm | <i>Cleanup</i> |

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