

Daylong Retreat Schedule

4:50am	Seated in Zendo; <i>Gosei</i>
5:00am	Choka (sutras p. 3-14); Sampai ; Han
5:40am	Zazen (<i>short period</i>); Kinhin
6:00am	Zazen; Zazen
6:55am	Breakfast; Cleanup; Break
8:15am	Samu; <i>Clappers [meet at kitchen deck]</i>
10:00am	Samu ends; <i>Clappers</i>
10:20am	Seated in Zendo; <i>Gosei</i>
10:30am	Zazen; Zazen; Kinhin
11:30am	Zazen
11:55am	Lunch; Cleanup; Break
1:50pm	Seated in Zendo; <i>Gosei</i>
2:00pm	Dharma Talk; Kinhin
3:00pm	Zazen; Zazen
4:00pm	Physical/Outside Practice <i>[meet at Zendo deck]</i>
5:00pm	Dinner (<i>optional, informal</i>); Cleanup; Break
5:50pm	Seated in Zendo; <i>Gosei</i>
6:00pm	Uninterrupted Zazen; Han; Kinhin
7:00pm	Zazen; Zazen; Kinhin
8:00pm	Zazen; Zazen
8:45pm	<i>Kaichin [in kitchen]</i>

Notes

- Events in **bold** will be broadcast. See: <https://www.tahomazenmonastery.com>
- Please arrive by *Gosei* for in-person attendance, five minutes early for those online.