

Daylong Retreat Schedule

4:50am	Seated in Zendo; <i>Gosei</i>
5:00am	Choka (p.3-14); Sampai ; Han
5:40am	Zazen (short period); Kinhin
6:00am	Zazen ; Zazen
6:55am	Breakfast; Cleanup; Break
8:15am	Samu; <i>Clappers</i> [meet at kitchen deck]
10:00am	Samu ends; <i>Clappers</i>
10:20am	Seated in Zendo; <i>Gosei</i>
10:30am	Zazen ; Zazen ; Kinhin [zazen can be outside]
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 [weather permitting]
4:55pm	Dinner (optional, informal); 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	Han ; Closing Sutra (p.17); Sampai
9:00pm	Kaichin [in kitchen]

Notes

- Please arrive by *Gosei* for in-person attendance, five minutes early for those online.
- All **bolded** events are open to drop-in attendance. All other events for registered attendees only.
- Events in **bold** will be broadcast. See: <https://www.tahomazenmonastery.com>
- Please observe all health and safety protocols.