

## Daylong Retreat Schedule

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

### Notes

- 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 arrive by *Gosei* for in-person attendance, five minutes early for those online.
- Please observe posted health and safety protocols.