

Spring Daylong Retreat Schedule

Saturday, March 21st, 2026

4:50am	Seated in Zendo; <i>Gosei</i>
5:00am	Choka (sutras p. 3-14); Sampai; Han
5:35pm	Zazen; Kinhin
6:00am	Zazen; Zazen
6:55am	Breakfast; Cleanup; Break
8:15am	Samu; <i>Clappers [meet at kitchen deck]</i>
9:30am	Samu ends; <i>Clappers</i>
9:50am	Seated in Zendo; <i>Gosei</i>
10:00am	Instructional Talk; Zazen
11:00am	Zazen; 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	Outside Kinhin [weather permitting]
4:20pm	Individual Physical/Outside Practice [<i>self-directed</i>]
4:55pm	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	Han; Closing Sutra (p.17); Sampai
9:00pm	<i>Kaichin [in kitchen]</i>

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>