

Spring Daylong Retreat Schedule

Saturday, April 18th, 2026

4:50am	Seated in Zendo; <i>Gosei</i>
5:00am	Choka (<i>p. 3-14</i>); 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	Morning Talk ; Kinhin
11:00am	Zazen ; Zazen
11:55am	Lunch; Cleanup; Break
1:50pm	Seated in Zendo; <i>Gosei</i>
2:00pm	Afternoon Talk ; Kinhin
3:00pm	Zazen ; Zazen
4:05pm	Outside Kinhin [<i>weather permitting</i>]
4:50pm	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 (<i>p.17</i>); Sampai
9:00pm	Kaichin [<i>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>