October Daylong Retreat Schedule

Saturday, October 17th, 2026

4:50am	Seated in Zendo; *Gosei*
5:00am	**Choka (sutras p. 3-14); Sampai; *Han***
5:35pm	**Zazen; Kinhin**
6:00am	**Zazen; Zazen**
6:55am	Breakfast; Cleanup; Break
8:30am	Samu; *Clappers [meet at kitchen deck]*
10:00am	Samu ends; *Clappers*
10:20am	Seated in Zendo; *Gosei*
10:30am	**Zazen; Zazen; Kinhin**
11:00am	**Zazen**
11:55am	Lunch; Cleanup; Break
1:50pm	Seated in Zendo; *Gosei*
2:00pm	**Dharma Talk; Kinhin**
3:00pm	**Zazen; Zazen**
4:05pm	Outside Kinhin *[weather permitting]*
4:20pm	Individual Physical/Outside Practice *[self-directed]*
4:55pm	Dinner *(optional, informal);* Cleanup; Break
5:50pm	Seated in Zendo; *Gosei*
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