

Weekend Retreat Schedule - November 13-15th 2020

<u>Friday (eve):</u>		6:50	Zazen (10-min Han)
6:30pm	Orientation	7:20	Kinhin
7:10	Zazen (w/Admonitions)	7:30	Zazen
7:45	Refuges	8:00	Refuges
<u>Saturday:</u>		<u>Sunday:</u>	
8:00	Zazen	8:00	Zazen
8:30	Kinhin	8:30	Kinhin
8:40	Zazen	8:40	Zazen
9:05	Kinhin	9:05	Kinhin
9:15	Zazen (10-min Han)	9:15	Zazen (10-min Han)
9:50	Short Chant	9:50	Short Chant
10:15	Dharma Talk	10:15	Dharma Talk
11:10	Kinhin	11:10	Kinhin
11:20	Zazen	11:20	Zazen
11:50	Noon Service	11:50	Noon Service
12:00	Lunch Break	12:00	Lunch Break
1:15	Work Period	1:15	Work Period
1:55	End Work	1:55	End Work
2:15	Mindful Movement	2:15	Mindful Movement
2:50	End Movement	2:50	End Movement
3:00	Zazen (10-min Han)	3:00	Zazen (10-min Han)
3:30	Kinhin	3:30	Kinhin
3:45	Zazen	3:40	Zazen
4:15	Kinhin	4:10	Kinhin
4:30	Zazen	4:20	Zazen
5:00	Kinhin	4:50	Closing Circle
5:15	Zazen	5:00	End Retreat/Refuges
5:40	Eve Service		
5:50	Supper Break		