

“Weekend Retreat” Daily Schedule

Optional Practice Period (Saturday and Sunday)

6 – 7:45 *Early Sitting / Walking*
8 *Breakfast*

Main Practice Period (Saturday and Sunday)

a.m.

9 – 12:30 Sitting / Walking
Tea & Heart Sutra Chanting
Dharma Talk @ 10:30

p.m.

12:30 – 1:30 Lunch & Cleanup

1:30 – 2 Free Time

2 – 5:30 Sitting / Walking
Dharma Talk
Tea & Snack @ 3:30

5:30 Bodhisattva Vows / Closing (retreat end on Sunday)

Optional Practice Period (Friday and Saturday only)

7 – 9 *Late Sitting / Walking*
9 *Bodhisattva Vows / Retire*

Encouragements

- Maintain stillness while sitting.
Limit your activity.
- Maintain silence.
When necessary for practical matters outside zendo, speak softly.
- Avoid eye contact.
Stay with your practice.
- Do your best.
Don't negotiate. Carry the Sangha. Be carried by the Sangha.

The schedule is our collective container for practice. Relinquish yourself to it.