

RETREAT DAILY SCHEDULE

FIRST NIGHT

7:00 Opening Ceremony
Retreat Instructions—Required

SUBSEQUENT DAYS

AM 5:00 Dokusan
6:45–7:15 Breakfast
7:30–9:00 Work period—Required
10:30 Teisho
PM 12–12:30 Lunch
2:00 Dokusan*
4:00 Chanting
5:30–6:00 Dinner
7:00 Dokusan
10:00 Refreshments

LAST DAY

Early Morning Same Schedule

Required for all Participants:

7:30–8:45 Work period
9:30 Zazen and Dokusan
End of Dokusan Closing words and Ceremony;
Retreat clean up, meal

* Please be in the zendo by 2:00 in case
there are announcements.
Once dokusan starts, you may leave.