

RETREAT DAILY SCHEDULE

FIRST NIGHT

7:00 Opening Ceremony, retreat instructions—**Required**

EACH DAY

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
4:30 Tai Chi
5:30–6:00 Dinner
7:15 Dokusan
10:00 Refreshments

LAST DAY

Early Morning Same Schedule

Required for all Participants:

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