



2020
ZAZENKAI
ALL-DAY RETREAT
HINOTORI ZENDO
The Urban Nun Zendo

SCHEDULE (REGULAR & SILENT)

07:45	Arrival
8:00 - 8:40	Introduction to Zazen and Zazenkai
8:00 - 8:40	Zazen & Kinhin (SILENT ZAZENKAI)
8:40 - 9:10	Zazen (Dokusan with registered student)
9:10 - 9:40	Tea Break
9:40 - 10:10	Zazen
10:10 - 10:20	Kinhin
10:20 - 10:50	Zazen (Dokusan with registered student)
10:50 - 11:20	Tea break
11:20 - 12:00	Dharma talk
11:20 - 12:00	Zazen, Kinhin (SILENT ZAZENKAI)
12:00-12:30	Lunch
12:30-13:30	Contemplations break
13:30-14:00	Zazen
14:00-14:10	Kinhin
14:10-14:40	Zazen (Dokusan with registered student)
14:40-15:10	Tea break

15:10-15:40	Zazen
15:40-15:50	Kinhin
15:50 - 16:20	Zazen (Dokusan with registered student)
16:20-17:00	Sutra chanting
17:00-17:30	Samu
17:30	Closing

The schedule may change depending on Retreat's Motto.

INTROSPECTION

May you dive in your deepest and meet your true nature

Doka Sensei



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