

Western Zen Retreat (October 5-10, 2018)

5:00 morning boards
5:30 exercises
5:40 meditation / communication exercise x 2
6:40 morning service

7:15 breakfast
7:40 work period
8:25 rest

9:00 talk
10:00 meditation / communication exercise x 3

12:00 lunch
12:30 work period
1:10 rest

1:45 meditation / communication exercise x 2
3:00 walk
3:45 tea
4:05 mantra
4:45 meditation / communication exercise x 2
5:50 action meditation

7:00 supper
7:30 rest

8:30 meditation / communication exercise x 2
9:45 end
10:00 lights out

This schedule is subject to some variation from day to day