

# 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.