

Steep Mountain Zoom Retreat schedule

Please be logged on 5 minutes prior to each sitting block

OPTIONAL EARLY START: Wednesday, Mar 8, 2023 and Thursday, Mar 9, 2023 from 9am to 5pm

9:00am—9:40am *Dai'o Kokushi On Zen*, single period of zazen
9:40am—9:50am Kinhin
9:50am—11:30am Zazen, kinhin (Thursday only) Dokusan
11:30am—noon Sutras
Noon—12:30pm zazen
12:30pm—1:55pm Lunch *on your own*, break

2:00pm—2:30pm zazen
2:30pm—3:10pm Tesho
3:10pm—4:55pm Zazen, kinhin (Thursday only) Dokusan
4:55pm—5:00pm *Four Infinite Vows*, end of day

FULL RETREAT: Thursday evening, Mar 9, 2023 – Sunday midday, Mar 12, 2023

Thursday, Mar 9, 2023

6:30pm—6:55pm Zazen
6:55—7:30pm Kinhin, introductions, guidelines etc.
7:30pm—8:00pm Kinhin, zazen
8:00pm Closing sutras, encouraging words

Friday, Mar 10, 2023 and Saturday, Mar 11, 2023

6:30am—8:00am *Five Remembrances*, zazen/kinhin Dokusan (Saturday & Sunday only)
8:00am—8:55am Breakfast *on your own*, break

9:00am—9:40am *Dai'o Kokushi On Zen*, single period of zazen
9:40am—9:50am Kinhin
9:50am—11:30am Zazen, kinhin Dokusan
11:30am—noon Sutras
Noon—12:30pm zazen
12:30pm—1:55pm Lunch *on your own*, break

2:00pm—2:30pm zazen
2:30pm—3:10pm Tesho
3:10pm—5:00pm Zazen, kinhin Dokusan
5:00pm—6:25pm Supper *on your own*, break

6:30pm—8:00pm Zazen, kinhin
8:00pm Closing sutras, final words

Sunday, Mar 12, 2023 (Same as Friday and Saturday until 12:30 pm)

12:30 pm Closing sutras, final words, End of retreat