



Sample Zentensive Schedule

(Actual schedule may vary slightly)

Monday (First Day)

Throughout the day, participants will help with retreat preparation and attend orientation meetings.

7:00pm-9:00pm Opening Ceremony; Formal Practice Period

Tuesday through Friday

5:15am Wake-up Drum

6:00am-7:15am Formal Practice

7:15am Breakfast

7:35am-8:35am Work period

8:35am Rest period/Individual Practice

9:45am-12:15pm Formal Practice with Dharma Talk (Teisho)

12:15pm Lunch, followed by Rest Period/Individual Practice

1:45pm-3:45pm Practice Period with Individual Instruction (Dokusan)

4:00pm Exercise period

4:30pm Didactic Discussion

5:00pm Formal Practice

5:20 Dinner followed by Rest Period/Individual Practice

7:00pm-9:00pm Practice Period with Individual Instruction (Dokusan)

Saturday schedule (Final Day)

5:15am Wake-up Drum

6:00am-7:15am Formal Practice

7:15am Breakfast

7:35am-8:35am Work period

8:35am Rest period/Individual Practice

9:45am Formal Practice with Dharma Talk (Teisho)

After Teisho, final Dokusan followed by Closing Ceremony

Final Supper

Formal Practice means required practice in the zendo; it may include teisho, dokusan, and chanting.

Self-directed Practice includes untimed sitting in the zendo, and/or body-work or moving practice. It is not a time for resting or taking showers. It may include group work, but only for those who are interested.

Formal and Self-directed periods of practice may be alternated depending on a number of factors including the weather.