

UBC WEEKEND RETREAT SCHEDULE
MAY, 2022

| FRIDAY | SATURDAY | SUNDAY |
|--------------------|--------------------------|--------------------------|
| 7:00 WELCOME/ZAZEN | 9:00 ZAZEN | 9:00 ZAZEN |
| 7:30 KINHIN | 9:30 KINHIN | 9:30 KINHIN |
| 7:40 ZAZEN | 9:40 ZAZEN | 9:40 ZAZEN |
| 8:10 KINHIN | 10:10 KINHIN | 10:10 KINHIN |
| 8:20 ZAZEN | 10:20 DHARMA TALK | 10:20 DHARMA TALK |
| 8:50 PALI REFUGES | 11:00 KINHIN | 11:00 KINHIN |
| | 11:10 ZAZEN | 11:10 ZAZEN |
| | 11:40 KINHIN | 11:40 KINHIN |
| | 11:50 SERVICE | 11:50 SERVICE |
| | 12:00 LUNCH | 12:00 LUNCH |
| | 1:00 BREAK | 1:00 BREAK |
| | 2:00 ZAZEN | 2:00 ZAZEN |
| | 2:30 KINHIN | 2:30 KINHIN |
| | 2:40 ZAZEN | 2:40 ZAZEN |
| | 3:10 KINHIN | 3:10 KINHIN |
| | 3:20 ZAZEN | 3:20 ZAZEN |
| | 3:50 KINHIN | 3:50 REFUGES |
| | 4:00 ZAZEN | 4:00 CLOSING |
| | 4:30 SERVICE | |
| | 4:50 DINNER BREAK | |
| | 7:00 ZAZEN | |
| | 7:30 KINHIN | |
| | 7:40 ZAZEN | |
| | 8:10 KINHIN | |
| | 8:20 ZAZEN | 8:50 REFUGES |