

## UBC WEEKEND RETREAT SCHEDULE

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 <b>DHARMA TALK</b>	10:20 <b>DHARMA TALK</b>
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 <b>LUNCH</b>	12:00 <b>LUNCH</b>
	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 <b>DINNER BREAK</b>	
	7:00 ZAZEN	
	7:30 KINHIN	
	7:40 ZAZEN	
	8:10 KINHIN	
	8:20 ZAZEN	8:50 REFUGES