

Dogen Retreat Schedule 2023

Note: there will be limited brief dokusan during this retreat.

Saturday and Sunday

9:00 Robe chant, welcome, zazen

9:30 kinhin

9:40 zazen

10:10 kinhin

10:20 informal dharma talk

10:50 small and large group discussion

11:20 kinhin

11:30 zazen

11:50 service

Saturday chant: Fukanzazengi

Sunday chants: Heart Sutra, Enmei Jukku Kannongyo (with well-being and memorial dedication)

12:00 lunch

1:00 zazen

1:30 kinhin

1:40 zazen

2:10 kinhin

2:20 informal dharma talk

3:50 small and large group discussion

3:20 kinhin

3:30 closing circle

4:00 Pali refuges