

MRZC WEEKEND RETREAT SCHEDULE
September 2020

FRIDAY	SATURDAY	SUNDAY
7:00 WELCOME/ZAZEN	9:00 ZAZEN	9:00 ZAZEN
7:25 KINHIN	9:30 KINHIN	9:30 KINHIN
7:35 ZAZEN	9:40 ZAZEN	9:40 ZAZEN
8:00 CEREMONY	10:10 KINHIN	10:10 KINHIN
8:50 REFUGES	10:20 DHARMA TALK	10:20 DHARMA TALK
	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/BREAK	12:00 LUNCH/BREAK
	1:30 ZAZEN	1:30 ZAZEN
	2:00 KINHIN	2:00 KINHIN
	2:10 ZAZEN	2:10 ZAZEN
	2:40 KINHIN	2:40 KINHIN
	2:50 SHUSO'S TALK	2:50 ZAZEN
	3:30 KINHIN	3:20 CLOSING CIRCLE
	3:40 ZAZEN	3:50 REFUGES
	4:10 KINHIN	
	4:20 ZAZEN	
	4:50 SERVICE	
	5:00 DINNER	
	7:00 ZAZEN	
	7:30 KINHIN	
	7:40 ZAZEN	
	8:10 KINHIN	
	8:20 ZAZEN	8:50 REFUGES