

**MRZC WEEKEND RETREAT SCHEDULE**  
**September, 2022**

<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
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 CEREMONY	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 TEA	2:40 KINHIN
	3:20 KINHIN	2:50 ZAZEN
	3:30 ZAZEN	3:10 TEA/CIRCLE
	4:00 KINHIN	3:50 REFUGES
	4:10 ZAZEN	4:15 JUKAI CEREMONY
	4:40 SERVICE	
	5:00 DINNER/BREAK	
	7:00 ZAZEN	
	7:30 KINHIN	
	7:40 ZAZEN	
	8:10 KINHIN	
	8:20 ZAZEN	
	8:50 REFUGES	