

MRZC Rohatsu Retreat Schedule

Saturday

9:00 Robe chant, Jundo,
Welcome, Zazen
9:30 Kinhin
9:40 Zazen
10:10 Kinhin
10:20 Dharma Talk
11:00 Kinhin
11:10 Zazen
11:40 Kinhin
11:50 Service (well-being)
12:00 Lunch/Break

2:00 Zazen
2:30 Kinhin
2:40 Zazen
3:10 Tea
3:30 Kinhin
3:40 Zazen
4:10 Kinhin
4:20 Zazen
4:50 Evening service (memorial)
5:00 Dinner/break.

Saturday evening (Zoom only)

7:00 Zazen
7:30 Kinhin
7:40 Zazen
8:10 Kinhin
8:20 Zazen
8:50 Refuges

Yaza (Zoom only)

Saturday 9:00 PM–Sunday 7:00AM

Sunday

9:00 Zazen
9:30 Kinhin
9:40 Zazen
10:10 Kinhin
10:20 Dharma talk
11:00 Kinhin
11:10 Zazen
11:40 Rohatsu Ceremony
12:00 Tea