



Bendoho Retreat Schedule

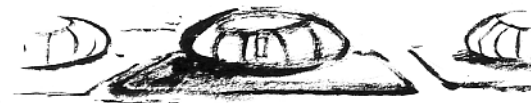
Last Day

4.00am	wake-up
4.20am	kinhin
4.30am	zazen (facing in)
5.00am	kinhin
5.10am	zazen
6.00am	end zazen with kinhin
6.15am	chanting service
6.45am	kinhin & zazen
7.00am	oryoki breakfast
8.00am	samu
9.30am	chosan
10.00am	kinhin
10.10am	zazen
10.50am	kinhin
11.00am	dedication
12.00am	lunch
1.00pm	pack up & prepare to leave

First Night

(This schedule may change)

6.00–7.00pm	arrival and registration a light meal is available upon arrival
7.00pm	kinhin signal: han(3 hits) and Kinhin-bell (2 hits)
7.10pm	zazen signal: zazen-bell (3 hits)
7.50pm	end zazen with kinhin (10 min) signal: wooden han (three rounds roll-down) & kinhin-bell
8.00pm	orientation and instruction
9:00pm	prostrations
9.30pm	bed time signal: hand bell (ringing softly)



Daily Schedule

(This schedule may be subject to changes)

4.00am	wake-up (5.00am on first morning)
4.20am	kinhin
4.30am	zazen (facing in)
5.00am	kinhin
5.10am	zazen
6.00am	end zazen with kinhin
6.15am	chanting service
6.45am	kinhin & zazen
7.00am	oryoki breakfast
8.00 am	samu (work practice)
9.00 am	chosan (prostrations, tea, & instruction)
10.00am	kinhin
10.10am	zazen
11.00am	kinhin
11.15am	zazen
11.55am	kinhin & lunch preparation
12.10pm	oryoki lunch



1.00–2.30pm	personal time
2.30pm	tea
3.00pm	teisho (Dharma talk)
4.30pm	kinhin
4.45pm	zazen
5.45pm	kinhin
6.00pm	zazen
6.30pm	kinhin
6.45pm	supper (informal)
7.45pm	kinhin
8.00pm	zazen
8.45pm	kinhin
9.00pm	prostrations
9.30pm	bed time