

2018 - 10 Day Retreat

Dan is available daily - except for arrival and departure days - for one-on-one interviews

Arrival Day (Friday):

12:00pm-2:00pm Arrivals
2:30pm-3:30pm Welcome talk & logistics
3:30pm-4:30pm Sit (Guided)
4:30pm-5:30pm Group Process
5:30pm-5:45pm Rest
5:45pm-6:30pm Dinner
6:30pm-7:30pm Seva DINNER CLEANUP / rest
7:30pm-9:30pm Sit
9:30pm Retire to sleeping areas or sit (the zendo stays open all night)

Saturday:

5:00am-5:30am Wake-up bell
5:30am-7:30am Sit
7:30am-8:15am Seva/Rest BREAKFAST PREP / rest
8:15am-9:00am Breakfast
8:45am-9:30am Seva BREAKFAST CLEANUP / rest
9:30am-11:00am Teaching/Group Process
11:00am-12:00pm Sit
12:00pm-1:00pm Seva LUNCH PREP / rest
1:00pm-1:45pm Lunch
1:45pm-2:30pm Seva LUNCH CLEANUP / rest
2:30pm-4:30pm Sit
4:30pm-5:00pm Gong Savasana/ Sit
5:00pm-5:45pm Seva DINNER PREP / rest
5:45pm-6:30pm Dinner
6:30pm-7:30pm Seva DINNER CLEANUP / rest
7:30pm-9:30pm Sit
9:30pm Retire to sleeping areas or sit (the zendo stays open all night)

Sunday:

5:00am-5:30am Wake-up bell
5:30am-7:30am Sit
7:30am-8:15am Seva/Rest BREAKFAST PREP / rest
8:15am-9:00am Breakfast
8:45am-9:30am Seva BREAKFAST CLEANUP / rest

9:30am-11:00am Teaching/Group Process
11:00am-12:00pm Sit
12:00pm-1:00pm Seva LUNCH PREP / rest
1:00pm-1:45pm Lunch
1:45pm-2:30pm Seva LUNCH CLEANUP / rest
2:30pm-3:30pm Sit
4:00pm-5:30pm Nicolas Introduction Talk in Library
5:30pm-6:00pm Seva DINNER PREP / rest
6:00pm-6:30pm Dinner
6:30pm-7:30pm Seva DINNER CLEANUP / rest
7:30pm-9:30pm Sit
9:30pm Retire to sleeping areas or sit (the zendo stays open all night)

Monday:

5:00am-5:30am Wake-up bell
5:30am-7:30am Sit
7:30am-8:15am Seva/Rest BREAKFAST PREP / rest
8:15am-9:00am Breakfast
8:45am-9:30am Seva BREAKFAST CLEANUP / rest
9:30am-11:00am Teaching/Group Process
11:00am-12:00pm Sit
12:00pm-1:00pm Seva LUNCH PREP / rest
1:00pm-1:45pm Lunch
1:45pm-2:30pm Seva LUNCH CLEANUP / rest
2:30pm-4:30pm Sit
4:30pm-5:00pm Gong Savasana/ Sit
5:00pm-5:45pm Seva DINNER PREP / rest
5:45pm-6:30pm Dinner
6:30pm-7:30pm Seva DINNER CLEANUP / rest
7:30pm-9:30pm Sit
9:30pm Retire to sleeping areas or sit (the zendo stays open all night)

Tuesday and Wednesday:

5:00am-5:30am Wake-up bell
5:30am-7:30am Sit
7:30am-8:15am Seva/Rest BREAKFAST PREP / rest
8:15am-9:00am Breakfast
8:45am-9:30am Seva BREAKFAST CLEANUP / rest
9:30am-11:00am Teaching/Group Process

11:00am-12:00pm Sit
12:00pm-1:00pm Seva LUNCH PREP / rest
1:00pm-1:45pm Lunch
1:45pm-2:30pm Seva LUNCH CLEANUP / rest
2:30pm-4:30pm Sit
4:30pm-5:00pm Gong Savasana/ Sit
5:00pm-5:45pm Seva DINNER PREP / rest
5:45pm-6:30pm Dinner
6:30pm-7:30pm Seva DINNER CLEANUP / rest
7:30pm-9:30pm Sit
9:30pm Retire to sleeping areas or sit (the zendo stays open all night)

Yaza Schedule (Wednesday Night Meditation) - optional

10:00pm-1:00am Sit
1:00am-1:30am Break/ Snacks in dining area
1:30am-5:00am Sit
5:00am-6:00am Rest/ Sleep

Thursday Schedule (Day after Yaza)

5:30am-7:30am Sit
7:30am-9:00am Serve and Clean Your Own Breakfast (no seva duty)/Rest
10:30am-12:00pm Group Process
12:00pm-1:00pm Seva LUNCH PREP / rest
1:00pm-1:45pm Lunch
1:45pm-2:30pm Seva LUNCH CLEANUP / rest
2:30pm-4:30pm Sit
4:30pm-5:00pm Gong Savasana/ Sit
5:00pm-5:45pm Seva DINNER PREP / rest
5:45pm-6:30pm Dinner
6:30pm-7:30pm Seva DINNER CLEANUP / rest
7:30pm-9:30pm Sit

Friday and Saturday:

5:00am-5:30am Wake-up bell
5:30am-7:30am Sit
7:30am-8:15am Seva/Rest BREAKFAST PREP / rest
8:15am-9:00am Breakfast

8:45am-9:30am Seva BREAKFAST CLEANUP / rest
9:30am-11:00am Teaching/Group Process
11:00am-12:00pm Sit
12:00pm-1:00pm Seva LUNCH PREP / rest
1:00pm-1:45pm Lunch
1:45pm-2:30pm Seva LUNCH CLEANUP / rest
2:30pm-4:30pm Sit
4:30pm-5:00pm Gong Savasana/ Sit
5:00pm-5:45pm Seva DINNER PREP / rest
5:45pm-6:30pm Dinner
6:30pm-7:30pm Seva DINNER CLEANUP / rest
7:30pm-9:30pm Sit
9:30pm Retire to sleeping areas or sit (the zendo stays open all night)

Departure Day (Sunday)

5:00am-5:30am Wake-up bell
5:30am-7:30am Sit
7:30am-8:15am Seva/Rest BREAKFAST PREP / end of silence
8:15am-9:00am Breakfast
8:45am-9:30am Seva BREAKFAST CLEANUP / rest
9:30am-11:00am Final Group Process
11:00am-12:00pm Departure