

# Zen Mountain Monastery

## Non-Ango Retreat Schedule

### Friday

4:30-6:00 PM	Arrival & Registration
6:00-6:30	Light Supper
7:30-9:00	Zazen
9:30 PM	Lights out

### Saturday

4:50 AM	Wake-up ( <i>Silence observed until end of service</i> )
5:30-6:30	Dawn Zazen ( <i>Be seated in Zendo by 5:25</i> )
6:30-6:50	Morning Service
7:10-7:40	Breakfast
8:15-9:40	Caretaking Practice (Meet in dining hall) <i>Silence observed</i>
10:00-12:30	Retreat Sessions
12:30-1:30	Lunch
2:00-5:00	Retreat Sessions
5:00-6:00	Break
6:00-6:30	Light Supper
7:30-9:00	Zazen
9:30 PM	Lights out

### Sunday

6:10 AM	Wake-up
6:45-7:15	Breakfast
7:45-8:45	Caretaking Practice (Meet in dining hall) <i>Silence observed</i>
9:00-9:30	Morning Service
9:30-12:00	Zazen
12:00-1:30	Community Dinner and Clean-up, Retreat Departure
1:45	Resident Hosan Service
2:00 PM	Hosan - Monastery closed until <b>Tuesday 2:00 PM</b>