

Louisville Zen Center - Heart of Perfect Wisdom Zendo (HPWZ)
Fall 2019 Zen Retreat
with Sensei Amala Wrightson

7:00 – 7:30 am. – Check-in at HPWZ

Arrive, check-in with the greeter, review your samu (work practice) assignment with your supervisor, and arrange your seat in the zendo. Settle into meditation.

7:30 – 9:15 – 1st Block of Formal Sitting

Three 30-minute rounds of zazen (sitting meditation) with kinhin (walking meditation) between sittings. Includes *dokusan* (private meditation instruction with the teacher; the student may bring up questions about sitting practice, or get a Zen perspective on problems he or she is having in any aspect of daily life).

9:15 – 9:45 – Tea Break (or Breakfast)

Help yourself to tea, fruit, and snacks (or breakfast). To make the most of the retreat, strive to continue meditation during breaks. Maintain inner and outer silence, keep the eyes lowered, and avoid digital devices. Enjoy breaks in the kitchen, dining room, solo dining seats in the basement, or outside on the back deck. Leave no traces by cleaning up spills, crumbs, and splatters.

9:45 – 10:15 – Rest/Work/Informal Sitting Period

While some participants work (*samu*) to support the retreat, others may do informal zazen or rest in appropriate areas. Bringing your own beach towel or small blanket can make rest periods more comfortable.

10:15 a.m. – 1:10 p.m. – 2nd Block of Formal Sitting

Three 30-minute rounds of zazen with kinhin plus a live *teisho* (Dharma discourse) by Sensei.

1:10 – 1:40 p.m. – Lunch

1:40 – 2:10 – Rest/Work/Informal Sitting Period

2:10 – 3:55 – 3rd Block of Formal Sitting

Three 30-minute rounds of zazen with kinhin. Includes *dokusan*.

3:55 – 4:40 – Open Practice Period

Select a practice activity for this period of time. Be there within 10 minutes and stay until the 10-minute warning bell sounds. Then you may move to another area or use the restroom before formal sitting resumes. During open practice, you may do: (1) informal zazen in the Kannon Room or dining room or outside on the back deck, or (2) kinhin in the basement, or (3) self-guided stretching in the zendo.

4:40 – 5:10 – Zazen

5:10 – 5:40 – Dinner

5:40 – 6:10 – Rest/Work/Informal Sitting Period

6:10 - 7:55 – 4th Block of Formal Sitting

Zazen, kinhin, and *jukai* (Taking the Precepts) Ceremony.

7:55 - 8:10 – Retreat Shut-down

Participants work together to restore the house to normal leaving no traces of the retreat.

8:10 - 8:30 – Final Tea (Optional)

Since retreat is done in silence and seclusion (eyes lowered), final tea permits a gradual transition to regular modes of interacting before returning to our everyday lives.

8:30 – 8:45 – Final Cleanup (Optional)