

**Louisville Zen Center
Zazenkaï Schedule at Heart of Perfect Wisdom Zendo (HPWZ)**

12:00 - 12:30 - Early Bird Arrivals (Optional)

Opportunity to come early to learn or practice an instrument, become more familiar with HPWZ, or ask questions about your work.

12:30 - 1:00 pm. – 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.

1:00 – 2:45 – 1st Block of Formal Sitting

Three 30-minute rounds of zazen (sitting meditation) with kinhin (walking meditation) between sittings. Includes a Zen talk.

2:45 - 3:10 – Tea Break

Help yourself to tea and fruit in the kitchen. 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.

3:10 – 4:55 – 2nd Block of Formal Sitting

Three 30-minute rounds of zazen with kinhin.

4:55 – 5:25 – Dinner Break

5:25 – 6:00 – Open Practice

Select a practice activity for this period of time. Be there within 5 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. Usually during open practice, you may do: (1) zazen in the zendo *or* chair zendo *or* outside on the back deck, *or* (2) kinhin in the basement, *or* (3) self-guided stretching in the living room.

6:00 - 7:45 – 3rd Block of Formal Sitting

Three 30-minute rounds with group instruction (individual instruction in a group setting); Four Vows.

7:45 - 8:00 – Retreat Shut-down

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

8:00 - 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.