

**Louisville Zen Center - Heart of Perfect Wisdom Zendo (HPWZ)**  
**September 2019 Non-Residential Zen Retreat Schedule**

**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 group instruction (individual instruction in a group setting).

**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. Includes either a live Zen talk or listening to a recorded Zen commentary (teisho).

**1:10 – 1:40 p.m. – Lunch Break**

**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.

**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 Break**

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

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

Three 30-minute rounds with group instruction; Four Vows.

**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)**