

Louisville Zen Center
February 23, 2020 Non-Residential Zen Retreat at Heart of Perfect Wisdom Zendo (HPWZ)

6:30 - 7:00 am. – Early Arrival

Early arrival time for those learning/practicing an instrument, unfamiliar with HPWZ, or with many questions about work instructions.

7:00 - 7:30 – Check-In

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

7:30 – 9:50 – 1st Block of Formal Sitting

Four 30-minute rounds of zazen with kinhin between sittings; includes a live Zen talk.

9:50 – 10:15 – Tea Break (Center will provide)

Help yourself to fruit, tea, and snacks in the kitchen. To make the most of the retreat, continue meditation during breaks. Maintain inner and outer silence, keep the eyes lowered, and avoid digital devices. Enjoy meals only in designated areas. Leave no traces by cleaning up spills, crumbs, and splatters.

10:15 – 10:40 – Work, Informal Sitting, and/or Rest Period

While some participants work to support the retreat, others may do informal sitting or rest in designated areas. Bringing your own beach towel or small blanket can make rest periods more comfortable.

10:40 am – 12:25 pm – 2nd Block of Formal Sitting

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

12:25 – 12:55 – Lunch Break (Center will provide)

12:55 – 1:20 – Work, Informal Sitting, and/or Rest Period

1:20 – 2:30 – 3rd Block of Formal Sitting Two 30-minute rounds of zazen with kinhin.

2:30 – 2:55 – Tea Break (Center will provide) Help yourself to tea and fruit in the kitchen.

2:55 – 3:30 – Open Practice

Not a rest period. Select a practice activity to engage with during 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. For example, during open practice you may do: (1) informal zazen in the Kannon Room *or* instruction room *or* outside on the back deck, *or* (2) sitting and standing zazen in the dining room, *or* (3) self-guided stretching in the zendo.

3:30 – 5:15 – 4th Block of Formal Sitting Three 30-minute rounds with kinhin; group instruction; Four Vows.

5:15 – 5:30 - Retreat Shutdown

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

5:30 - 6:00 – Final Tea

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.