

Louisville Zen Center
Virtual Zen Retreat – Schedule

9:00 – 9:30 am – Arrival & Informal Sitting

Virtual zendo opens for informal sitting.

9:30 – 11:00 – 1st Block of Formal Sitting

Three 25-minute rounds of zazen with kinhin between sittings; includes a live Zen talk.

11:00 – 11:50 – Work Period

Select physical, housework – such as sweeping, dusting, mopping floors, cleaning bathrooms, vacuuming, weeding, watering plants, cooking, preparing lunch - to do during this period. Office and administrative tasks should be saved for after the retreat.

To make the most of this retreat, continue your practice whenever you're outside the zendo. Maintain inner and outer silence, keep the eyes lowered, and avoid digital devices.

11:50 am – 1:20 pm – 2nd Block of Formal Sitting

Three 25-minute rounds of zazen with kinhin; includes group instruction (individualized instruction in a group setting).

1:20 – 2:10 – Formal Lunch & Break

Silent meal (without chanting) in which participants start the meal together, dine together, and end together. Rest break is afterwards.

2:10 – 3:40 – 3rd Block of Formal Sitting Three 25-minute rounds of zazen with kinhin.

3:40 – 4:30 – Stretching Period

Sitting in zazen, especially for longer periods of time, can lead to stiffness and soreness. This guided period of yoga and other stretching exercises that are helpful for meditation can ease the pain of sitting and mobilize inner resources.

4:30 – 6:00 – 4th Block of Formal Sitting

Three 25-minute rounds of zazen with kinhin; group instruction; retreat ends with Four Vows.

6:00 - 6:30 – 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.