

**Louisville Zen Center - Heart of Perfect Wisdom Zendo (HPWZ)**  
**2-Day Luzu Style, Non-Residential Zen Retreat**  
**April 8 – 9, 2019**

**6:30 - 7:00 am. – Check-in at HPWZ**

Arrive, review work instructions, arrange your seat in the zendo, and settle into meditation.

**7:00 – 8:45 – 1st Block of Formal Sitting**

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

**8:45 – 9:05 – Tea Break**

Help yourself to tea, fruit, and snacks 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 dining room or outside on the back deck. Leave no traces by cleaning up spills, crumbs, and splatters.

**9:05 – 9:40 – Rest and/or Work Period**

While some participants do work (*samu*) to support the retreat, others may engage in open practice (see below) or rest in the basement lounge or instruction room. Bringing your own beach towel or small blanket can make rest periods more comfortable.

**9:40 – 12:30 – 2nd Block of Formal Sitting**

Three 30-minute rounds of zazen with kinhin plus listening to a recorded Zen commentary (teisho).

**12:30 – 1:05 p.m. – Lunch Break**

**1:05 – 1:40 – Rest and/or Work Period**

**1:40 – 3:25 – 3rd Block of Formal Sitting**

Three 30-minute rounds of zazen with kinhin.

**3:25 – 4:10 – 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.

**4:10 – 4:40 – Zazen**

**4:40 – 5:15 – Dinner Break**

**5:15 – 6:00 – Rest and/or Work Period**

**6:00 p.m. – 4th Block of Formal Sitting**

Day 1: Three 30-minute rounds with kinhin and Four Vows. End at 7:45 p.m.

Day 2: Four 25-minute rounds with kinhin and Four Vows. We'll be joined by regular Tuesday evening sitters during the first round. This final block of the retreat ends at 7:55 p.m. then we'll have tea (optional) until 8:15 p.m.