

Hartford Street Zen Center
Annual Retreat: Winter Light
Rohatsu Sesshin
3,4,5,6 and 7 December 2014

Weds., 3 Dec

7:30 p.m. orientation
8:00 p.m. sitting
8:30 p.m. retire

Thurs, Fri & Sat., 4, 5, 6 Dec

6:00 a.m. sitting
6:40 a.m. walking
6:50 a.m. sitting
7:20 a.m. morning chanting
7:50 a.m. breakfast
8:45 a.m. clean-up & rest
9:40 a.m. sitting
10:15 a.m. Dharma talk
11:00 a.m. walking
11:15 a.m. sitting
11:50 a.m. noon chanting
12:00 p.m. lunch
12:50 p.m. clean up & rest
1:50 p.m. work period
2:50 p.m. clean-up
3:00 p.m. sitting
3:30 p.m. walking
3:40 p.m. sitting
4:10 p.m. tea
4:25 p.m. bath/exercise
5:10 p.m. sitting
5:45 p.m. walking
6:00 p.m. sitting
6:40 p.m. evening chanting
6:50 p.m. medicine meal
7:25 p.m. clean up & rest
8:15 p.m. sitting
8:45 p.m. walking
8:55 p.m. sitting
9:25 p.m. refuges
9:30 p.m. hot drink/late sitting

Sun., 7 Dec

Same as preceding days, until...
11:40 a.m. ceremony set-up
11:45 a.m. Bodhi Day Ceremony
12:00 p.m. end of retreat; refreshments

Please Note: Visitors are welcome to join in the scheduled sitting between the hours of 6:00 a.m. and 9:30 p.m., but are asked **NOT** to take a seat in the zendo-proper once the period has begun, but to remain on the bench at the west end of the zendo until a period ends. Please see the schedule for the times of the sitting periods. Also, persons who have not registered for the retreat cannot be accommodated at mealtimes.