

Hartford Street Zen Center

Annual Retreat: Winter Light --- Rohatsu Sesshin 2016  
Wednesday, Dec 7 – Sunday, Dec 11

**Day 1 (Wednesday, Dec 7)**

**7:30 pm orientation (Ōryōki refresher training)**  
8:00 pm sitting  
8:30 pm retire

**Days 2 to 4 (Thursday, Dec 8 to Saturday, Dec 10)**

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

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 this schedule for the times of the sitting periods. Also, persons who have not registered for the retreat cannot be accommodated at mealtimes.

**Final Day; Day 5 (Sunday Dec 11)**

Same as preceding days in the morning, until...  
11:40 am ceremony set-up  
11:45 am Bodhi Day Ceremony  
**12:00 pm end of retreat/refreshments**