

## Zazenkai

### Communal Practice Together on Zoom

8:30am .....**Zazen** (seated meditation)

8:55 .....Kinhin (slow walking meditation) – walk slowly, one half-footstep per breath, back and forth between two points.

9:05 .....**Zazen**

9:30 .....**Chanting Service** – (Chant along, but keep yourself muted; it doesn't work to chant together on Zoom)

### Personal Practice (not on zoom)

10:00 .....Break – maintain silence and mindfulness as you take care of yourself and your responsibilities

10:15 .....**Silent Work** – choose something simple, physical, and restorative to do, like cleaning, sewing, gardening. Also take this time to prepare your lunch. Set a timer for yourself so you can work without looking at the clock. When the timer goes off, immediately stop your work and clean up.

11:15 .....End Work/Break – give yourself time to wrap up/clean up your work and prepare yourself mentally and physically for zazen

### Communal Practice on Zoom

11:30 .....**Zazen**

12:00 .....Kinhin

12:10pm.....**Zazen**

12:40 .....End Zazen/Meal Prep – go get your lunch, come back and sit down, wait in silence for meal chant to begin.

12:45 .....**Silent Formal Lunch** – (Chant along, but keep yourself muted)

### Personal Practice (not on Zoom)

1:15 .....Rest period – spend this time doing something very quiet and relaxing – take a nap or a leisurely walk, read some Dharma material, or just sit in the sun. Please maintain silence.

### Communal Practice on Zoom

2:45 .....**Afternoon Recitation** – (Chant along, but keep yourself muted)

3:00 .....**Zazen**

3:25 .....Kinhin

3:35 .....**Zazen**

4:00 .....**Retreat Closing – Tea & Cookies**

4:30 .....**Retreat Ends**