



THE FIRST ZEN INSTITUTE OF AMERICA

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會協禪一第國美

WEEKEND ZEN RETREAT

March 12-14, 2010



Zen Eccentric Han Shan

From: http://www.firstzen.org/ZenNotes/1962/1962-12_Vol_09_No_12_December_1962.pdf

Friday March 12:	7:30 P.M. – 10:00 P.M.	Film: <i>Spring, Summer, Fall, Winter...and Spring</i>
Saturday, March 13:	9:00 A.M. – 12:00 Noon	Zazen with chanting
	12:00 Noon – 1:30 P.M.	Lunch Break
	1:30 P.M. – 4:30 P.M.	Zazen with a reading
	4:30 P.M. – 6:00 P.M.	Dinner Break
	6:00 P.M. – 9:00 P.M.	Zazen
Sunday, March 14:	4:30 A.M. – 7:30 A.M.	Zazen with chanting
	7:30 A.M. – 9:00 A.M.	Breakfast break
	9:00 A.M. – 12:00 Noon	Zazen with a reading

Readings for this retreat will come from The Mahaparinirvana Sutra. Feel free to come for a single day or a single sitting. Please arrive 15 minutes prior to any 3-hour sitting block. The film *Spring, Summer, Fall, Winter...and Spring* is free for all. Popcorn is served with the film, but food is otherwise not provided.

Tentative date of next retreat: April 9-11, 2010