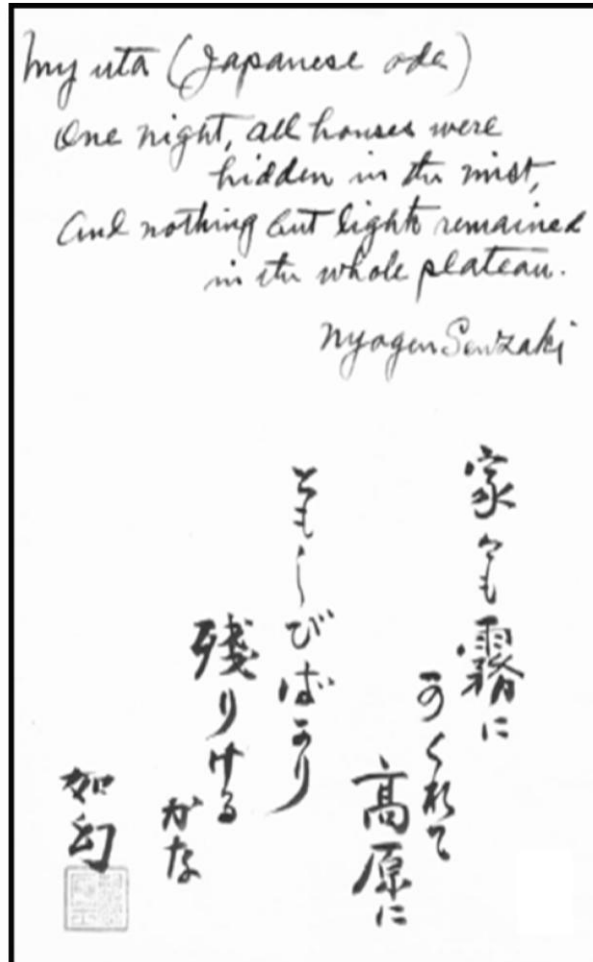


THE FIRST ZEN INSTITUTE OF AMERICA
113 East 30th Street New York, NY 10016 212-686-2520 www.firstzen.org

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WEEKEND ZEN RETREAT

February 10-12, 2012



Uta by Nyogen Senzaki, written while he was interned at Heart Mountain

From: http://www.firstzen.org/ZenNotes/2003/2003-02_Vol_50_No_02_Spring_2003.pdf

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|------------------------|------------------------|------------------------|
| Friday February 10: | 7:30 P.M. – 8:30 P.M.. | Film: <i>Ghost Dog</i> |
| Saturday, February 11: | 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, February 12: | 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. Popcorn is served with the film, but food is otherwise not provided. Admission to the film is free.

Tentative date of next retreat: March 9-11, 2012