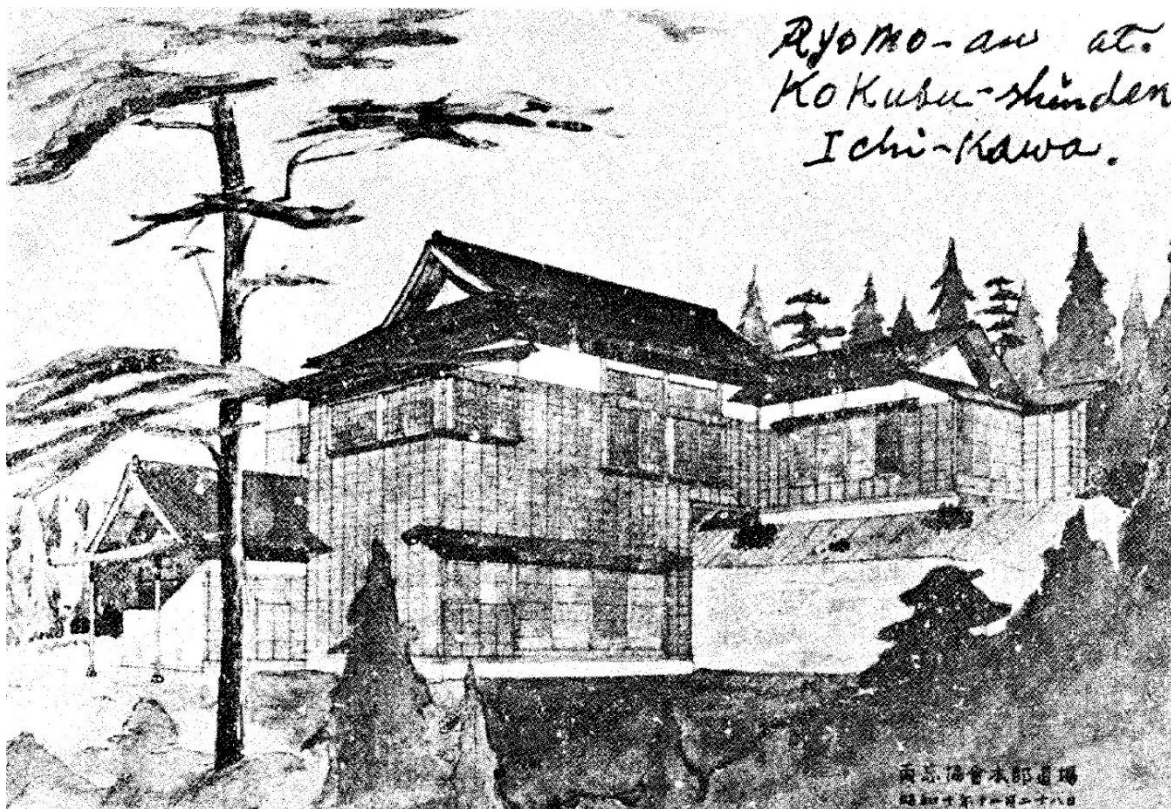


THE FIRST ZEN INSTITUTE OF AMERICA

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會協禪一第國美

Weekend Zen Retreat February 7-8, 2026



Ryomo-An, Temple Architect's Drawing. From Zen Notes, Vol. 18, No. 12 Dec. 1971

Zen Meditation Schedule

Saturday Feb. 7, Via Zoom	9:00 A.M – 12:00 Noon	Zazen
	12:00 Noon – 1:00 P.M.	Lunch Break
	1:00 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, Feb. 8 in person at 113 E 30th St:	6:00 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
	12:00 Noon – 1:00 P.M.	Lunch Break
Film Series:	1:00 PM – 3:00 PM	Tibet Modules 17-20
Annual Corporate Meeting:	4:00 PM	

Readings for this retreat will come from The Flower Ornament Sutra (the Avatamsaka Sutra) translated by Bhikshu Dharmamitra. The Zoom connection link is available on the “Schedule” page at www.firstzen.org.

Date of next Retreat: March 7-8, 2026