



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

美 國 第 一 禪 協 會

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
1:00 PM – 3:00 PM	Tibet Modules 17-20

Film Series:

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