



THE FIRST ZEN INSTITUTE OF AMERICA

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會協禪一第國美

Weekend Zen Retreat And Visit to Woodlawn Cemetery May 16-17, 2026



Grave of Sokei-an Sasaki and Ruth Fuller Sasaki at Woodlawn

Zen Meditation Schedule

Saturday May 16, 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, May 17 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. – 10:00 A.M.	Zazen with a reading	
	Woodlawn:	10:30 A.M.	Departure for Woodlawn
		12:00 Noon (Approximately)	Ceremony at Sokei-an’s Grave

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: June 13-14, 2026