



THE FIRST ZEN INSTITUTE OF AMERICA

113 East 30th Street New York, NY 10016 212-686-2520 www.firstzen.org

會協禪一第國美

Weekend Zen Retreat

October 10-11, 2026



1000 Armed Bodhisattva. From Zen Notes, Vol. 31, No. 4, April 1984

Zen Meditation Schedule

**Saturday October 10, Via
Zoom**

9:00 A.M. – 12:00 Noon
12:00 Noon – 1:30 P.M.
1:30 P.M. – 4:30 P.M.
4:30 P.M. – 6:00 P.M.
6:00 P.M. – 9:00 P.M.

Zazen
Lunch Break
Zazen with a reading
Dinner Break
Zazen

**Sunday, October 11 in
person at 113 E 30th St:**

6:00 A.M. – 7:30 A.M.
7:30 A.M. – 9:00 A.M.
9:00 A.M. – 12:00 Noon
12:00 Noon – 1:00 P.M.

Zazen with chanting
Breakfast Break
Zazen with a reading
Lunch Break

Film Series

1:00 P.M. – 2:30 P.M.

Angulimala

Readings for this retreat will come from *Zen Baggage*, by Bill Porter (a.k.a. Red Pine). The Zoom connection link is available on the “Schedule” page at www.firstzen.org.

Date of next Retreat: November 7-8, 2026