

# Providence Zen Center

Two Day

Yong Maeng Jong Jin

Retreat Schedule

Saturday

8:30 a.m. Arrival and Registration

9:00 a.m. Orientation

10:00 a.m. - Noon Sitting

12:00 p.m. Lunch

1:30 - 4:00 p.m. Sitting

5:00 p.m. Dinner

6:30 p.m. Special Chanting

7:00 p.m. Chanting

7:30 - 9:30 p.m. Sitting

9:30 - 9:40 p.m. Chanting

Sleep (or optional extra practice)

Sunday

4:30 a.m. Wake-up bell

4:45 a.m. Bow to retreat leader

4:45 - 5:00 a.m. 108 prostrations

5:15 - 6:00 a.m. Chanting

6:00 - 7:30 a.m. Sitting

7:30 a.m. Breakfast

8:15 - 9:15 a.m. Work period

10:00 a.m. - Noon Sitting

12:00 p.m. Lunch

1:30 - 3:00 p.m. Sitting

3:00 p.m. Circle talk followed by informal gathering

Interviews will be given during chanting and sitting periods as determined by the retreat leader.