



One Day Zen Retreat

Schedule

SATURDAY 9AM-4PM

08:00 AM	Registration & Check-In
08:15 AM	Orientation
09:00 AM	MORNING SCHEDULE
	Teacher Welcome / Dharma Talks
	Reading of Temple Rules
	Sitting & Walking Meditation
	Kong-an Interviews
12:00 PM	<i>Hygiene Break</i>
12:10 PM	<i>Informal Lunch (In Silence) & Break</i>
01:00 PM	AFTERNOON SCHEDULE
	Sitting & Walking Meditation
	Kong-an Interviews continue
03:00 PM	Chanting
03:10 PM	Q&A
04:00 PM	<i>Retreat Ends</i>

Providence Zen Center

Head Temple of Kwan Um Zen Americas
99 Pound Road, Cumberland, RI 02864
providencezen.org | info@providencezen.org

In addition to daily practice, we offer online Zen practice, Zen retreats, event rentals, & overnight guest stays.

