



Summer Kyol Che

Silent Retreat Schedule

ENTRY DAY	SATURDAY or WEDNESDAY
8:00 AM	Check-In (At Main Building)
9:00 AM	Orientation (At Monastery)
10:00 AM	<i>Follow full schedule</i>
DAILY	<i>FULL SCHEDULE</i>
4:30 AM	Wake-Up Bell
4:45 AM	108 Bows
5:15 AM	Chanting
6:00 AM	Sitting & Walking Meditation
7:30 AM	<i>Breakfast</i>
8:15 AM	<i>Work Period</i>
9:15 AM	<i>Rest Period</i>
10:00 AM	Sitting & Walking Meditation
12:00 PM	<i>Lunch</i>
12:30 PM	<i>Rest Period</i>
2:00 PM	Sitting & Walking Meditation
4:00 PM	<i>Walk Outside & Short Break</i>
5:00 PM	<i>Dinner</i>
5:30 PM	<i>Rest Period</i>
6:30 PM	Chanting
7:30 PM	Sitting & Walking Meditation
8:05 PM	<i>Mindful Movement & Short Break</i>
9:00 PM	Sitting Meditation
9:30 PM	Chanting & Four Great Vows
9:45 PM	<i>Bedtime</i>
EXIT DAY	SATURDAY
4:30AM	<i>Follow Full Schedule</i>
8:15 AM	<i>Pack & Depart</i>

Kyol Che retreats are held at PZC's Diamond Hill monastery. Silence is held throughout the retreat, including during formal, temple-style meals.

Kong-An Interviews with retreat teacher take place on Mondays, Wednesdays & Fridays. Dharma Talks take place Sundays at 1:30 PM.

3 day minimum;
entry on Wednesdays & Saturdays;
arrive night before entry at no additional cost.

Additional Guest Stay days can be booked before or after your retreat. Register on KUSZa website if staying through Founder's Day weekend.

Questions?

Visit providencezen.org/kyol-che for more information and to download the Kyol Che booklet, or email director@providencezen.org and hdt@providencezen.org.

