



YMJJ - Yong Maeng Jong Jin

Two Day Zen Retreat Schedule

DAY 1

08:00 AM	Registration & Check-In
09:00 AM	Orientation
10:00 AM	Sitting & Walking Meditation
12:00 PM	<i>Lunch & Break</i>
1:30 PM	Sitting & Walking Meditation
4:00 PM	<i>Break</i>
5:00 PM	<i>Dinner</i>
6:30 PM	Chanting
7:30 PM	Sitting & Walking Meditation
9:20 PM	Chanting
9:30 PM	<i>Bedtime or Extra Practice</i>

DAY 2

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	Work Period
10:00 AM	Sitting & Walking Meditation
12:00 PM	<i>Lunch & Break</i>
1:30 PM	Sitting & Walking Meditation
2:50 PM	Chanting
3:00 PM	Circle Talk
4:00 PM	<i>Retreat Ends</i>





YMJJ - Yong Maeng Jong Jin

Zen Retreat Schedule

FIRST DAY

08:00 AM	Registration & Check-In
09:00 AM	Orientation
10:00 AM	Sitting & Walking Meditation
12:00 PM	<i>FOLLOW FULL DAILY SCHEDULE</i>

DAYS 2-6

FULL DAILY SCHEDULE

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>
10:00 AM	Sitting & Walking Meditation
12:00 PM	<i>Lunch & Break</i>
1:30 PM	Sitting & Walking Meditation
4:00 PM	<i>Break</i>
5:00 PM	<i>Dinner</i>
6:30 PM	Chanting
7:30 PM	Sitting & Walking Meditation
9:20 PM	Chanting
9:30 PM	<i>Bedtime or Extra Practice</i>

LAST DAY

4:30AM	<i>FOLLOW FULL MORNING SCHEDULE</i>
12:00 PM	<i>Lunch & Break</i>
1:30 PM	Sitting & Walking Meditation
3:00 PM	Chanting
3:10 PM	Circle Talk
4:00 PM	<i>Retreat Ends</i>



YMJJ retreats are two, three or seven days long. Kong-an interviews with Kwan Um Zen teacher take place during sitting meditation practice.