

## AABCAP Retreat 3 Schedule 2023

### First Saturday (2<sup>nd</sup> Dec)

- 2:00 – 3:30 Arrive and settle into rooms
- 4:00 Group check-in and preliminary orientation
- 6:00 Dinner
- 7:00–9:00 Welcome - Orientation session and zazen (Noble Silence begins)

### Daily Retreat Schedule (3<sup>rd</sup> – 8<sup>th</sup> Dec)

- 6:00 Wake up bell
- 6:30–8:00 Sitting Zazen & walking meditation
  
- 8:00–8:30 Breakfast (clean up)
  
- 9:30–10:00 Zazen Meditation Instruction period
- 10:00–10:15 Q&A
- 10:15–10:45 Outside walking meditation (or Qigong or Yoga depending on weather)
- 10:45–12:00 Zazen, walking & Personal Interviews with teacher
  
- 12:00–12:40 Lunch (clean up and rest)
  
- 2:00–3:00 Open Dharma inquiry
- 3.00–3.30 Walking meditation (30mins)
- 3.30–5:30 Zazen / walking meditation & personal Interviews with teacher
  
- 6:00–6:30 Dinner
  
- 7:00–7:20 Sutra chanting
- 7:20–8:00 Dharma talk–
- 8:00–9:00 Evening Program: - sharing, poetry, music.

### Final Morning Schedule (9<sup>th</sup> Dec)

- 6:00 Wake up bell
- 6:30–8:00 Zazen
- 8:00 Breakfast (free time/pack up rooms)
- 9:00–12:00 Closing circle & sharing
- 12:00 Lunch & depart
- 2:00 Depart