

Port Townsend Zen Sangha

Dec.6-8th 2019

Quarterly retreat schedule

8am – 8:40 zazen 40min.

8:50 – 9:30 zazen 40min.

9:30 – 10:10 service, tea, break

10:10 – 10:35 zazen 25min. Short break (Time for a position change and a stretch.)

10:35 – 11:00 zazen 25 min.

11:00 – 11:15 Long kinhin 15min

11:15 – 11:40 zazen 25min short break

11:40 – 12:00 zazen

Lunch

2:00 – 2:40 zazen 40-min

2:50 – 3:30 zazen 40min

3:30 – 4:15 Service tea break

4:15 Dharma talk/discussion

5:30 End of sitting schedule.

The Dharma talks will be given by senior practitioners Isaac Gardner (Zen priest), Ed Haber (Lay monk and authorized teacher) and possibly another. The retreat is completely open; individuals may attend at their own schedule. Please do not talk near zendo and do not enter zendo during a sit. There will be a place to sit in the waiting room. Please bring your own cushion and mat, etc.. Chairs will be provided, and there are extra cushions and mats for those who need them.

The location for this retreat is The Moonwater Dojo 2679 Hendricks Port Townsend.

Call 360-379-2713 or 360-379-6360 for details