ReVive Retreat /Dai Bosatsu

Friday, September 16th thru Sunday, September 18th, 2016

Our retreat at Dai Boatsu Zendo is an opportunity to silently immerse yourself in nature, yoga and meditation. Please note: Our meals on Saturday morning & Sunday morning, will be formal and silent in the Zen tradition. All activities are included (yoga/meditation) but are only suggested. Your participation is totally optional. The retreat is designed to bring vitality to your life from the inside out.
The time to explore is yours.

Friday	2:00pm – 3:30	Guest arrival: check in, settle in room, select robe.
	4:00 – 5:30	Gentle Flow Yoga/Restorative in Library
	5:45	Informal Dinner in dining room
	6:50	Shinrei (warning bell, go to Zendo with robe)
	7:00	Orientation of Zen meditation postures
	7:30	Zazen (meditation), Kinhin (walking meditation), Zazen
	8:30	Kaichin (closing)
Saturday	5:30am	Kaijo (wake-up bell, be in the Zendo before 5:55 W/ Robe)
	5:50	Fast Kinhin
	6:00	Morning service, Zazen (all welcome)
	7:45	Formal Silent Breakfast (meal bowl orientation happens here) in dining
	8:30	Morning Meeting (coffee & tea in dining room)
	10:00 – 11:45	Gentle Flow Yoga
	12:20	Shinrei (warning bell, go to Zendo with robe)
	12:30-1:00	Zazen
	1:00	Formal Silent Lunch & Free Time
	4:00 – 5:15	Gentle Flow & Restore Yoga
	5:30	Informal Dinner & Free Time
	6:50	Shinrei (warning bell go to Zendo with robe)
	7:00 - 7:30	Zazen(All Welcome)
		Gathering at Joraku-An (Guest House)
	7:45pm - until	
		Kaijo (wake-up bell, be in the Zendo before 5:50 w/ Robe)
Sunday	5:30am	Fast Kinhin
	5:50	Short Morning service (all welcome)
	6:00 – 6:30	Zazen (Join walking meditation at 6:55am)
	6:30	Formal Silent Breakfast in dining room
	7:00	Morning Meeting (coffee & tea in dining room)
	7:45	Room Cleaning (this is taking the sheets, towel to the laundry room,
	9:00	emptying the trash, refolding the blankets and sweeping the floor.)
		Gentle Flow Yoga with
	10:00 – 11:45	Shinrei (warning bell go to Zendo with robe)
	12:05	Zazen (please take your robe to laundry room)
	12:15-12:45	Informal lunch in the Dining Room
	1:00	Departure
	2:00	