



ReVive Retreat / Dai Bosatsu Schedule

Friday, May 19th thru Sunday, May 21st, 2017

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	2:00 – 3:30	Guest arrival: check in, settle in room, select robe.
	4:00 – 5:30	Gentle Flow Yoga/Restorative in dinning room w/Hannah & Evalena
	5:45	Informal Dinner in dining room
	6:20	Orientation of Zen meditation postures and Silent 3 bowl eating
	7:45	Shinrei (warning bell, go to Zendo with robe)
	7:50	Kinhin (walking meditation) & Zazen (meditation)
	8:30	Kaichin (closing)
	Saturday	5:30
5:50		Fast Kinhin
6:00 – 7:45		Morning service, Zazen (all welcome) <i>**to join just zazen 6:45am</i>
8:00		Formal Silent Breakfast in dining room & Free Time
10:00 – 11:45		Gentle Flow Yoga w/ Hannah
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 w/ Evalena
5:30		Informal Dinner & Free Time
6:50		Shinrei (warning bell go to Zendo with robe)
7:00 - 7:30		Zazen (all welcome)
7:45pm - until	Gathering at Joraku-An (Guest House) Concert “Shakuhatci”	
Sunday	5:30	Kaijo (wake-up bell, be in the Zendo before 5:50 w/ Robe)
	5:50	Fast Kinhin
	6:00 – 7:45	Morning service, Zazen (all welcome)
	8:00	Formal Silent Breakfast in dining room
	9:40	Room Cleaning (this is taking the sheets, towel to the laundry room, emptying the trash, refolding the blankets and sweeping the floor.)
	10:00 – 11:45	Gentle Flow Yoga with Hannah & Evalena
	12:05	Shinrei (warning bell go to Zendo with robe)
	12:15-12:45	Zazen (please take your robe to laundry room)
	1:00	Informal lunch in the Dining Room
	2:00	Departure