



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 dining room w/Hannah & Evalena
	6:00	Informal Dinner in dining room
	7:20	Shinrei (warning bell, go to Zendo with robe)
	7:30	Orientation of Zen meditation postures & Zazen (meditation)
	8:30	Kaichin (closing)
Saturday	5:30am	Kaijo (wake-up bell, be in the Zendo before 5:50 W/ Robe)
	5:50	Fast Kinhin
	6:00	Short Morning service, Zazen (all welcome) <i>**to join just zazen</i>
	7:00	<i>Shukuza (orientation with jhatsu bowls) & Formal Silent Breakfast</i> in dining room
	8:00	Morning Meeting (coffee & tea are served)
	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)
Sunday	5:30am	Kaijo (wake-up bell, be in the Zendo before 5:50 w/ Robe)
	5:50	Fast Kinhin
	6:00	Morning service, Zazen (all welcome)
	7:45	Formal Silent Breakfast in dining room
	8:00	Morning Meeting (coffee and tea are served)
	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 – 12:00	Gentle Flow Yoga with Hannah & Evalena
	12:20	Shinrei (warning bell go to Zendo with robe)
	12:30	Zazen (after please take your robe to laundry room)
	1:15	Informal lunch in the Dining Room
	2:15	Departure