



THE FIRST ZEN INSTITUTE OF AMERICA

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會協禪一第國美

## WEEKEND ZEN RETREAT

### March 3-5, 2017



**Bodhisattva**

From: [http://www.firstzen.org/ZenNotes/2015/2015-04\\_Vol\\_61\\_No\\_04\\_Fall\\_2015.pdf](http://www.firstzen.org/ZenNotes/2015/2015-04_Vol_61_No_04_Fall_2015.pdf)

Friday, March 3:	7:30 P.M. – 9:30 P.M.	Films: <i>Science of Mindfulness</i> , modules 17-19, <i>Overcoming Traumas Large and Small</i> ; <i>Groundbreaking Mindfulness Programs</i> ; <i>The Neurobiology of Self-Preoccupation</i> .
Saturday, March 4:	9:00 A.M. – 12:00 Noon 12:00 Noon – 1:30 P.M. 1:30 P.M. – 4:30 P.M. 4:30 P.M. – 6:00 P.M. 6:00 P.M. – 9:00 P.M.	Zazen with chanting Lunch Break Zazen with a reading Dinner Break Zazen
Sunday, March 5:	4:30 A.M. – 7:30 A.M. 7:30 A.M. – 9:00 A.M. 9:00 A.M. – 12:00 Noon.	Zazen with chanting Breakfast break Zazen with a reading

Readings for this retreat will come from *The Book of Serenity*, translated by Thomas Cleary. Please arrive 15 minutes prior to any 3-hour sitting block. Popcorn is served with the film, but food is otherwise not provided.

**Next Retreat: April 7-9, 2017**