

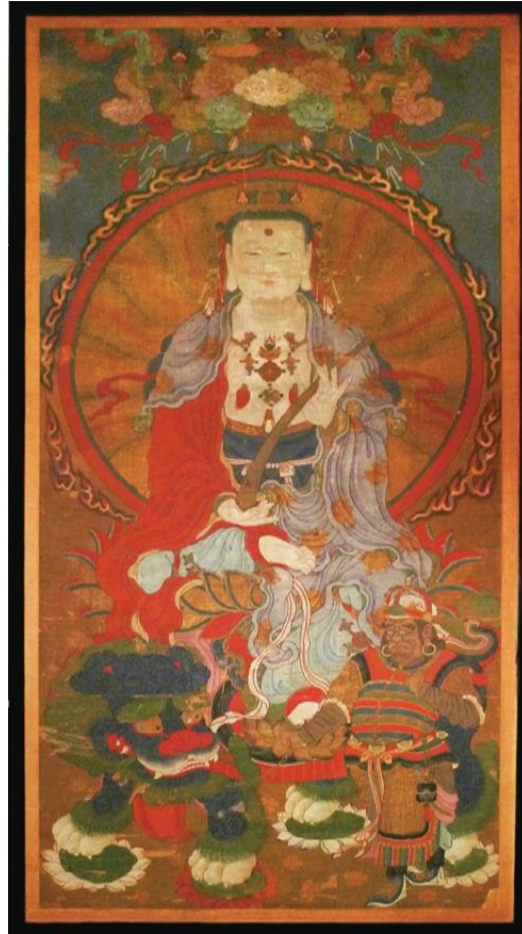
THE FIRST ZEN INSTITUTE OF AMERICA

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WEEKEND ZEN RETREAT

July 7-9, 2017



Manjushri: The Bodhisattva of Wisdom

From: http://www.firstzen.org/ZenNotes/2010/2010-01_Vol_57_No_01_Winter_2010.pdf

Friday, July 7:	7:30 P.M. – 9:00 P.M.	Film: <i>Moving From Emptiness: The Life and Art of a Zen Dude</i>
Saturday, July 8:	9:00 A.M. – 12:00 Noon	Zazen with chanting
	12:00 Noon – 1:30 P.M.	Lunch Break
	1:30 P.M. – 4:30 P.M.	Zazen with a reading
	4:30 P.M. – 6:00 P.M.	Dinner Break
	6:00 P.M. – 9:00 P.M.	Zazen
Sunday, July 9:	4:30 A.M. – 7:30 A.M.	Zazen with chanting
	7:30 A.M. – 9:00 A.M.	Breakfast break
	9:00 A.M. – 12:00 Noon	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: August 11-13, 2017