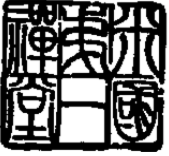


Celebrate Buddha's Enlightenment



Rohatsu 2016



THE FIRST ZEN INSTITUTE OF AMERICA
113 East 30th Street New York, NY 10016
212-686-2520 www.firstzen.org

**Please Join us for the Rohatsu Meditation Observance of
Buddha's Enlightenment**

Monday, December 4 to Friday, December 8

Morning Zazen: 5:30-7:30 AM

Evening Zazen: 7:00-9:00 PM

Saturday, December 9:

5:30 – 7:30 AM	Zazen
7:30-9:00 AM	Breakfast Break
9:00-12:00 Noon	Zazen
12:00-1:30 PM	Lunch Break
1:30-4:30 PM	Zazen
4:30-6:00 PM	Dinner Break
6:00-9:00 PM	Zazen
9:00-10:00 PM	Evening Tea Break
10:00-12:00 Midnight	Zazen

Sunday, December 10:

5:30-7:30 AM	Zazen
7:30 AM	Rohatsu Ceremony
7:45 AM	Breakfast

You are welcome to come for any sitting. Please arrive fifteen minutes prior to the start of the period. Meals are not provided except for Breakfast on Dec. 10.