



THE FIRST ZEN INSTITUTE OF AMERICA

113 East 30th Street New York, NY 10016 212-686-2520 www.firstzen.org

會協禪一第國美

WEEKEND ZEN RETREAT

March 9-11, 2018



Year of the Dog – 2018, Dog by Peter Lamp

From: http://www.firstzen.org/ZenNotes/1982/1982-01-02_Vol_29_No_01-02_January-February_1982.pdf

Friday, March 9:	7:30 P.M. – 10:30 P.M.	Film: <i>Miss Hokusai</i> .
Saturday, March 10:	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, March 11:	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: April 6-8, 2018