

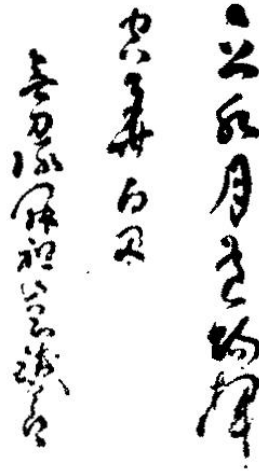
THE FIRST ZEN INSTITUTE OF AMERICA

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# WEEKEND ZEN RETREAT

## August 10-12, 2018



**Tesshu Yamaoka Self-Portrait**

From: [http://www.firstzen.org/ZenNotes/1985/1985-05\\_Vol\\_32\\_No\\_05\\_May\\_1985.pdf](http://www.firstzen.org/ZenNotes/1985/1985-05_Vol_32_No_05_May_1985.pdf)

Friday, August 10:	7:30 P.M. – 9:00 P.M.	Film: <i>The Real Shaolin</i>
Saturday, August 11:	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, August 12:	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 Sword of No-Sword: Life of the Master Warrior Tesshu*, by John Stevens. 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: September 7-9, 2018**