



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

October 12-14, 2018



Skyward Bamboo (Bamboo grove in the backyard at the First Zen Institute).

From: http://www.firstzen.org/ZenNotes/2008/2008-02_Vol_56_No_02_Spring_2008.pdf

Friday, October 12:	7:30 P.M. – 9:30 P.M.	Film: <i>The Tale of the Princess Kaguya</i>
Saturday, October 13:	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, October 14:	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 Iron Flute*, translated by Nyogen Senzaki. 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: November 16-18, 2018