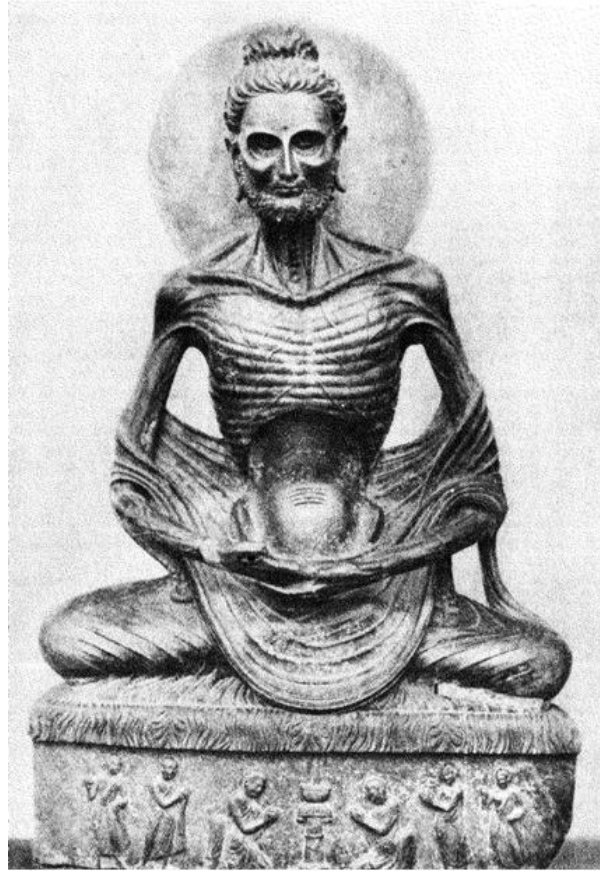


THE FIRST ZEN INSTITUTE OF AMERICA

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

會協禪一第國美

Weekend Zen Retreat **September 6-7, 2025**



Fasting Buddha. From Zen Notes, Vol. 13, No. 10 August 1965

Zen Meditation Schedule

Saturday Sep. 6, Via Zoom	9:00 A.M – 12:00 Noon	Zazen
	12:00 Noon – 1:00 P.M.	Lunch Break
	1:00 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, Sep. 7 in person at 113 E 30th St:	6:00 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
	12:00 Noon – 1:00 P.M.	Lunch Break
Film Series:	1:00 PM – 3:00 PM	Tibet Modules 1-4

Readings for this retreat will come from The Flower Ornament Sutra (the Avatamsaka Sutra) translated by Bhikshu Dharmamitra. The Zoom connection link is available on the “Schedule” page at www.firstzen.org.

Date of next Retreat: October 11-12, 2025