



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 April 11-12, 2026



Kyogen's koan: "Man up a tree". From Zen Notes, Vol. 28, No.7,8 1976

Zen Meditation Schedule

Saturday Apr. 11, 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, Apr. 12 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
Buddha's Birthday Party & Zen Film Series:	1:00 PM – 3:00 PM	Gandharan Art

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: May 16-17, 2026