



**THE FIRST ZEN INSTITUTE OF AMERICA**

113 East 30<sup>th</sup> Street New York, NY 10016 212-686-2520 [www.firstzen.org](http://www.firstzen.org)

會協禪一第國美

# Weekend Zen Retreat

## June 13-14, 2026



Dragon. From Zen Notes, Vol. 28, No.1, 1976

### Zen Meditation Schedule

<b>Saturday June 13, Via Zoom</b>	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
<b>Sunday, June 14 in person at 113 E 30<sup>th</sup> St:</b>	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
<b>Zen Film Series:</b>	1:00 PM – 3:00 PM	<b>Tibet</b> Modules 21-24

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](http://www.firstzen.org).

**Date of next Retreat: July 11-12, 2026**