



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 August 8-9, 2026



Dwight Goddard, Author of “A Buddhist Bible”. From Zen Notes, Vol. 20, No. 7, July 1980

Zen Meditation Schedule

**Saturday August 8, 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, August 9 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

Zen Film Series:

1:00 PM – 3:00 PM

Readings for this retreat will come from *Zen Baggage*, by Bill Porter (a.k.a. Red Pine). The Zoom connection link is available on the “Schedule” page at www.firstzen.org.

Date of next Retreat: September 10-11, 2026