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

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