



THE FIRST ZEN INSTITUTE OF AMERICA

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會協禪一第國美

Weekend Zen Retreat September 12-13, 2026



The Great Buddha of Kamakura. From Zen Notes, Vol. 30, No. 7, July 1983

Zen Meditation Schedule

Saturday September 12, 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, September 13 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 P.M. – 3:00 P.M.	Sudhana at Borobodur parts 1 and 2 out of 9.

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: October 10-11, 2026