

Three Robes Retreat

June 14-28, 2025

Tuesday Evening

7:00 Zazen
9:00 Vespers
9:10 To bed, optional zazen

Wednesday to Friday

5:00a Wake-up Bell
5:30 Zazen
6:50 Morning Service
7:20 Soji
7:45 Oryoki Breakfast
8:40 Work Practice
10:30 Zazen
12:35p Oryoki Lunch
1:30 Rest and Exercise
3:00 Evening Service
3:15 Zazen
5:30 Informal Silent Dinner
7:00 Zazen (with teisho)
9:00 Vespers
9:10 To bed, optional zazen

Saturday

5:00a Wake-up Bell
5:30 Zazen
6:50 Morning Service
7:20 Soji
7:45 Oryoki Breakfast
8:30 Work Practice
10:30 Zazen
12:35p Oryoki Lunch
1:30 Rest and Exercise
3:00 Evening Service
3:15 Zazen (with mondo)
5:30 Informal Silent Dinner
7:00 Zazen
8:00 Closing statements