



ZEN LIFE RETREAT
A BEGINNER'S MEDITATION RETREAT AT KORINJI

TYPICAL DAILY SCHEDULE

First Night:

Please arrive to Korinji no later than 6:30pm so you'll have time to park, walk the trail to the monastery, and get settled.

7:15pm – Meet in the meditation hall: welcome, zazen (meditation) instruction and practice together
8:30pm – Dokusan (individual meetings with the teacher)
9:00pm – Break, snack.
9:30pm – Free practice: meditation, walking, breathing.
10pm – Bedtime

Typical Day

5:30am – Wake-up Bell
6:00am – Movement exercises, group tea, zazen, dokusan
7:30am – Chanting
8:15am – Breakfast
8:45am - Break
9:30am – Samu (work practice)
10:30am – Break
12:30pm: Informal lunch
1-2pm – Break
2-3pm – Zazen, optional dokusan
3-3:30pm – Open discussion, Q&A
4pm – Coffee, tea, chat in dining room
5pm – Informal dinner
6-7:00pm – Zazen and dokusan
7-7:30pm - Break
7:30-8:30pm – Dharma talk and Instruction, with Q&A
8:30-9:30pm - Free practice: meditation, walking, breathing.
10pm – Bedtime

Final Morning

5:30am – Wake-up Bell
6:00am – Movement exercises, group tea, zazen, dokusan
7:30am – Close, and short cleanup
8:30am – Informal breakfast and conversation together