

**- SAMPLE -**  
**Daily Full Day Retreat Schedule**  
**Sunday, April 23 - Friday, April 28, 2023**  
**ALL TIME ZONES**

First Day and Last Day Schedules provided after Registration  
(Sat, Apr 22: 6:30pm C Start / Sun, Apr 29: 1pm C end)

This retreat is based on the **CENTRAL TIME ZONE**

**Meditation Hall Zoom Room Link: TBA**

Pacific	Mountain	CENTRAL TIME	Eastern	Meditation Hall	Sit Leader	Support Activities	Connect with Support Activities
3:30am - 4:15am	4:30am - 5:15am	5:30am - 6:15am	6:30am - 7:15am	Sit	Shinzen		
4:15am - 5:00am	5:15am - 6:00am	6:15am - 7:00am	7:15am - 8:00am	Sit	Shinzen	7-7:45am C: Yoga, Qi Gong, Mindful Movement	On your own or Sessions Available
5:00am - 5:45am	6:00am - 6:45am	7:00am - 7:45am	8:00am - 8:45am	Sit	Yes	Interviews with Shinzen / Co-Teachers ending at 8:30 am C	Shinzen Sign Up Sheet HERE
5:45 am - 6:30am	6:45am - 7:30am	7:45am - 8:30am	8:45am - 9:30am	Sit	Yes		Co-Teacher Sign Up Sheet HERE
6:30am - 7:30am	7:30am - 8:30am	8:30am - 9:30am	9:30am - 10:30am	Breakfast			Co-Teacher Sign Up Sheet HERE
7:30am - 8:30am	8:30am - 9:30am	9:30am - 10:30am	10:30am - 11:30am	Sit	Open Sit	*** Technique Instruction with Shinzen or Co-Teachers in respective rooms *** Last full day, Friday morning both groups meet in Shinzen's Room at this time	Shinzen's Room HERE
8:30am - 9:00am	9:30am - 10:00am	10:30am - 11:00am	11:30am - 12:00pm	Sit	Open Sit		Co-Teachers' Room HERE
9:00am-9:15am	10:00am - 10:15am	11:00am - 11:15pm	12:00pm - 12:15pm	Break	Open Sit		
9:15am - 10:00am	10:15am - 11:00am	11:15am - 12:00pm	12:15pm - 1:00pm	Sit/Walk	Open Sit	AMA for All with Shinzen	Shinzen's Room HERE
10:00am - 10:30am	11:00am - 11:30am	12:00pm - 12:30pm	1:00pm - 1:30pm	Sit	Open Sit		
10:30am - 11:00am	11:30am - 12:30pm	12:30pm - 1:00pm	1:30pm - 2:00pm	Sit	Yes		
11:00am - 1:00pm	12:00pm - 2:00pm	1:00pm - 3:00pm	2:00pm - 4:00pm	Lunch/Rest		3:00-3:30pm C: Yoga, Qi Gong, Mindful Movement	On your own or Sessions Available
1:00pm - 1:30pm	2:00pm - 2:30pm	3:00pm - 3:30pm	4:00pm - 4:30pm	Sit/Walk	Yes	Interviews with	Shinzen Sign Up Sheet HERE

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1:30pm - 2:15pm	2:30pm - 3:15pm	3:30pm - 4:15pm	4:30pm - 5:15pm	Sit	Yes	Shinzen / Co-Teachers ending at 4:30 pm C	Co-Teacher Sign Up Sheet HERE
2:15pm - 2:30pm	3:15pm - 3:30pm	4:15pm - 4:30pm	5:15pm - 5:30pm	Break			Co-Teacher Sign Up Sheet HERE
2:30pm - 4:00pm	3:30pm - 5:00pm	4:30pm - 6:00pm	5:30pm - 7:00pm	Sit	Shinzen		
4:00pm - 5:15pm	5:00pm - 6:15pm	6:00pm - 7:15pm	7:00pm - 8:15pm	Dinner/Rest			
5:15pm - 5:45pm	6:15pm - 6:45pm	7:15pm - 7:45pm	8:15pm - 8:45pm	Sit	Yes		
5:45pm - 7:00pm	6:45pm - 8:00pm	7:45pm - 9:00pm	8:45pm - 10:00pm	Evening Talk		Talk in Meditation Hall	
7:00pm - 7:15pm	8:00pm - 8:15pm	9:00pm - 9:15pm	10:00pm - 10:15pm	Break		Interviews with Shinzen / Co-Teachers ending at 10:30 pm C	Shinzen Sign Up Sheet HERE
7:15pm - 8:00pm	8:15pm - 9:00pm	9:15pm - 10:00pm	10:15pm - 11:00pm	Sit	Yes		Co-Teacher Sign Up Sheet HERE
8:00pm	9:00pm	10:00pm	11:00 PM	Sleep/Yaza	Open Sit		Co-Teacher Sign Up Sheet HERE
Open Sit - No Sit leader, you are welcome to go to the zendo to sit, but sits won't be timed or bells rung							