

Zen Sesshin, Ecodharma & Nature Kinning Retreat 2025 Schedule

TIME	FIRST DAY	FULL DAY(S)	Kinning day (SOLO)	LAST DAY
5:30		Wake Up	Wake Up	Wake Up
5:45		Morning Sutras (Chants)	Morning Sutras (Chants)	Morning Sutras (Chants)
6:05		Zazen (seated meditation)	Zazen (seated meditation)	Zazen (seated meditation)
7:30		Bathroom break	Bathroom break	Bathroom break
7:40		Kinhin (walking meditation) or Q & A	Prepare for nature kinning day	Kinhin/Metta
8:00		Breakfast	Breakfast	Breakfast
8:30		Samu, Group Clean up & Lunch prep	Clean, Pack food, 9:30 departing ritual	Samu, Group Clean up & Lunch prep
10:00		Zazen + Kinhin (Indoor/Outdoor options)		Dharma talk + Integration
11:00		Teisho (Dharma talk)		
11:30				Closing circle and bows
NOON	Teacher/Retreat manager arrive	Break		
12:10		Outdoor/Yoga		Break
12:30		Lunch		Informal Lunch (leftovers)
1:00	Arrivals through 2:30	Rest,Clean-up & dinner-prep		Final clean-up of the lodge
2:00	Set-up			Help load cars
2:30	Set-up	Zazen & Koan 1-1 interviews		Depart RMERC completely
3:30	Set-up	Showers/Break		
4:15	Formal orientation	Afternoon sutras		
5:00	Intro to land by the parking portal	Zazen & Koan 1-1 interviews	Be at the lodge before 4:30 pm	
5:30		Outdoors	Break/Rest	
6:00	Dinner (Oryoki)	Dinner (Oryoki)	Dinner (Oryoki)	
6:30	Clean up	Clean & breakfast-prep	Clean & breakfast-prep	
7:30	Meditation + posture clinic	Optional outdoor zazen		
8:00	Meditation + Altars + Mindfulness	Zazen & Dokusan (private interviews)	Integration of nature kinning day	
9:00	Closing chant/song	Formal tea & break	Formal tea	
9:20	End of Day	Optional Zazen	End of the day	
10:15		End of the day		