

New Haven Zen Center One Day Retreat Schedule

9 am - 3 pm

9:00 - 9:30	Sitting
9:30 - 9:40	Walking
9:40 - 10:10	Sitting
10:10 - 10:40	Walking
10:40 - 10:50	Sitting
10:50 - 11:00	Walking
11:00 - 11:30	Sitting
11:30 - 11:40	Walking
11:40 - 12:10	Sitting
12:10 - 1:00	Lunch
1:00 - 1:30	Sitting
1:30 - 1:40	Walking
1:40 - 2:10	Sitting
2:10 - 2:20	Walking
2:20 - 2:50	Sitting
2:50 - 3:00	Chanting