



UPAYA
ZEN CENTER

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THE WAY OF HAIKU: Waking up Through Writing (In Person 2024)
February 23 - 25, 2024

With Roshi Joan Halifax, Sensei Kazuaki Tanahashi, Natalie Goldberg, Sensei Peter Levitt, Pico Iyer (online), Beth Howard, Jimmy Santiago Baca, and Jane Hirshfield (online)

Friday, February 23rd

2:00 p.m.–5:00 p.m.

Check in/Orientation for all guests
(commuters & lodgers)

5:30–6:30

Zazen/Silent Meditation

6:30

Dinner

7:45

Opening Session: all faculty

Saturday, February 24th

7:00–8:00 a.m.

Zazen/Silent Meditation

8:00

Breakfast

10:30 a.m. –12:30 p.m.

Morning Session (Natalie Goldberg and Beth Howard)

1:00

Lunch

3:00–5:00

Afternoon Session (Peter Levitt and Kaz Tanahashi)

5:30–6:30

Evening Video Session: Jane Hirshfield

6:30

Dinner

7:45

**Night Session: Pico Iyer,
followed by all faculty**

Sunday, February 25th

7:00 a.m.–8:00 a.m.

Zazen/Silent Meditation

8:00

Breakfast

9:00–10:00

**Morning Session: Jimmy Santiago Baca,
followed by all faculty**

10:00–11:00

Haiku Closing Council

12:30 p.m.

Lunch