

Retreat Schedule with Mondo – Bright Way Zen

Full time attendance is a valuable practice, but you are welcome to arrive and leave at any point in the schedule. Please maintain silence from the time you arrive for the retreat until the closing, with the exception of brief, quiet exchanges as necessary to communicate what's going on.

Cloud Zendo: *Maintain silence throughout your day when possible, and consider refraining from internet and phone use (except for Zoom)*

CLOUD & DIRT ZENDO TOGETHER:

7:30am**Zazen** (seated meditation)

7:55**Posture Adjustment**

8:20**Kinhin** (slow walking meditation) - walk slowly, one half-footstep per breath, back and forth between two points.

8:30**Zazen**

8:55**Posture Adjustment**

9:20**Chanting Service** (Cloud Zendo chant along but keep yourself muted; it doesn't work to chant together on Zoom. [Click here for a copy of the chanting service.](#))

CLOUD & DIRT ZENDO SEPARATELY:

9:50Break - maintain silence and mindfulness

10:15**Silent Work** - [Click here for a copy of the work chant, which we recite together at the beginning of the work period](#)

In the Dirt Zendo: *Please accept a work assignment, and work silently and mindfully. Work until the bell rings to end the work period.*

In the Cloud Zendo: *Choose something simple, physical, and restorative to do, like cleaning, sewing, gardening. Also take this time to prepare your lunch. Set a timer for yourself so you can work without looking at the clock. When the timer goes off, immediately stop your work and clean up.*

11:15End Work/Break - give yourself time to wrap up/clean up your work and prepare yourself mentally and physically for zazen

CLOUD & DIRT ZENDO TOGETHER:

11:30**Zazen**

11:55**Kinhin**

12:05pm.....**Zazen**

12:30End Zazen/Meal Prep - go get your lunch, come back and sit down, wait in silence for meal chant to begin.

12:35**Silent Formal Lunch** - [Click here for a copy of our meal chant.](#)

ALL PARTICIPANTS INDEPENDENTLY:

1:00**Rest Period** - spend this time doing something very quiet and relaxing - take a nap or a leisurely walk, read some Dharma material, or just sit in the sun (or listen to the rain).

CLOUD & DIRT ZENDO TOGETHER:

2:15**Afternoon Recitation** ([Click for One-Day Retreat page with link to mondo text.](#))

2:30**Zazen**

2:55**Kinhin**

3:05**Zazen**

3:30**Mondo Practice**

4:30Retreat Ends