

# CRESTONE MOUNTAIN ZEN CENTER

## Group Retreat Schedule Summer 2018

4:30 Wake-up Bell  
4:45 Han  
5:00 Zazen  
5:40 Kinhin  
5:50 Zazen  
6:20 Service  
6:50 Break  
  
**8:30 Breakfast**  
Clean-up  
  
9:30 Work Meeting  
  
**12:30 Lunch**  
Clean-up  
  
3:00 Work Meeting  
  
**6:00 Dinner**  
Clean-up  
  
8:00 Han  
8:15 Zazen  
8:55 End Zazen

*Unless otherwise announced:*

### Dharma Talk (Wednesdays)

7:30 Dharma Talk  
9:00 End

### Dharma Circle (Fridays)

7:30 Dharma Circle  
9:00 End