

**ZRS Half-Day Retreat**  
**October 16, 2021**

<b>Staff</b>	
Tanto & IT Jisha	Reishin
Zendo Staff	Christian, Etsudo, Zong Zhi
Qigong Shifu	Kevala
<b>Schedule</b>	
7:15 am	Zendo opens
7:30 am	Morning Service
7:55 am	Kinhin
8:00 am	Zazen
8:25 am	Kinhin
8:35 am	Zazen
9:00 am	Dharma Talk
9:30 am	Breakfast / Break
10:00 am	Zazen
10:25 am	Qigong
10:45 am	Zazen
11:10 am	Kinhin
11:20 am	Zazen
11:45 am	Closing Ceremony
12:00 pm	End