

Winter Retreat Schedule

February 17th to 20th

revised: 01/11/2012

FRI

SAT

SUN

MON

ZAZEN
(voluntary) 5:30am - 6:15am

AIKIDO
6:30am - 7:30am

BREAKFAST
8:00am - 9:00am

AIKIDO
10:00am - 11:30am

LUNCH
12:00 - 1:00pm

REGISTRATION
1:30pm - 3:30pm
(lodge)

Workshops
2:30 - 3:30

AIKIDO
3:30pm - 4:30pm

ZAZEN
(voluntary)
5:00pm - 5:45pm

DINNER
6:15pm - 7:00pm

Party
7:30pm