

Winter Retreat Schedule

February 14th to 16th

revised: 12/26/2018

FRI

SAT

SUN

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)	Video Sessions 1:30 - 2:30	AIKIDO 1:30pm - 2:30pm
AIKIDO 3:30pm - 4:30pm	AIKIDO 3:00pm - 4:30pm	

ZAZEN
(voluntary)
4:45pm - 5:30pm

DINNER
6:15pm - 7:00pm

Party
7:30pm