



**November 1, 2025**  
Roaring Fork Zen  
DRAFT Schedule and Guidance

|                 |                                       |
|-----------------|---------------------------------------|
| 7:45-8:00am     | Arrive and settle                     |
| 8:00-8:25am     | Opening recitation ritual and zazen   |
| 8:25-8:30am     | Kinhin                                |
| 8:30-8:55am     | Zazen                                 |
| 8:55-9:00am     | Kinhin                                |
| 9:00-9:25am     | Zazen                                 |
| 9:25-9:45am     | Extended kinhin                       |
| 9:45-10:15am    | Encouragement talk and Q&A            |
| 10:15-10:20am   | Kinhin                                |
| 10:20-10:45am   | Zazen                                 |
| 10:45-11:05am   | Silent snack                          |
| 11:05-11:30am   | Zazen                                 |
| 11:30-11:35am   | Kinhin                                |
| 11:35am-12:00pm | Zazen                                 |
| 12:00-12:20pm   | Extended kinhin                       |
| 12:20-12:40pm   | Zazen                                 |
| 12:40-1:00pm    | Closing recitation ritual and sharing |

Guidance

- This is a (mostly) silent retreat. Unless we are reciting a chant or engaging in Q&A, please maintain noble silence. This will help you stay with your practice and find deeper stillness in your body and mind.
- It is recommended to wear loose, comfortable clothes with darker colors and preferably no text/logos/images if possible.
- You are welcome to leave the Kiva during kinhin to use the bathroom, get water, etc. Please do so after the standing bow, before we start walking. When you are ready to return (before the next round of zazen starts), please wait just inside the door to the

Kiva until kinhin is over. After everyone returns to their seats and we make our standing bow, you can return to your seat for the next round of zazen.

- You are welcome to bring a water bottle, but please leave it in your cubby to use when you take a break rather than bring it into the Kiva.
- We will eat our snacks in the hallway outside the Kiva. This may feel a bit strange, but we will maintain our noble silence during this time. There will not be means of heating or otherwise preparing your snack, so please bring something that is ready to eat.
- Chairs will be available to you and, if you are otherwise using a mat, you are very welcome to use a chair to alleviate pain that may develop during the day. Please try to avoid switching between your mat and your chair in the middle of a round of zazen.
- Printed practice guides will be available under your cushion. When not using them during the chants, please put them back there. It is traditional in Zen to treat your meditation space like your practice – with care and attention.

### Important

During extended periods of zazen, it is not uncommon for unusual and potentially challenging physical and mental states to arise. If such experiences are mild, the encouragement is to maintain your practice and allow them to pass through.

This may include crying, which is not unusual in retreat settings. If tears arise for you, the encouragement is to let them flow naturally. Tears can be a very cleansing and rejuvenating part of our practice. Tissues are available in the Kiva if you need them.

If your physical or mental pain is more acute, to the degree that you believe you may be at risk of injury or longer-term adverse psychological impact, please pause your practice. Shifting your posture may be enough to reset, especially if the challenge is physical. Please also feel free to step out into the hallway until you are ready to return.

If you believe the facilitator can support you at such a time, please walk quietly over to me and tap me on the shoulder. We will step outside to discuss your situation privately.

If you are currently experiencing physical or psychological challenges that you believe may be a factor in your zazenkai experience, you are invited to share those with the facilitator in advance. We will discuss whether zazenkai is an appropriate practice for you at this time and any potential accommodations that may be beneficial to you if you decide to proceed. All of these discussions and any information you share in this regard will be kept strictly confidential.

*Zazenkai is a rigorous practice. It is helpful to bring an open heart and mind – and a sense of humor – to this experience. Try to allow it to be whatever it is for you. The transformative benefits of this medicine tend to operate subtly, finding their home in your body-heart-mind and gradually, kindly transforming your life.*