

Winter Retreat Schedule

revised: 08/20/2014

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

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

DINNER
6:15pm - 7:00pm

Party
7:30pm