

Retreats

To Schedule a Retreat

One week in advance, please email [schedule at wwzc dot org](mailto:schedule@wwzc.org) to schedule a retreat, even if you have made verbal arrangements with a practice advisor or a Dharma Teacher. Emails sent to that address are routed to all members of the Practice Council who will need this information for the purposes of meal planning, preparing teisho for your retreat and planning samu assignments.

Please note that you will need to wear an N-95 or KN-95 mask at all times when you are in the monastery. We will have a limited supply of masks available for purchase if you forget to bring one. They are \$2.00 each so please bring your own mask or some loose change as we will not be able to make change for you.

Retreats are defined in the following way:

Half-day Retreat

You would need to arrive 15 minutes before the actual starting time. Begin at 6:00 a.m., end at noon. Or begin at 9:30 a.m., end at 6:00. Or begin at 3:00 p.m., end at 9:10.

Partial Retreat:

You would need to arrive 15 minutes before the actual starting time. Begin at 6:00 a.m., end at 6:00 p.m. Or begin at 9:30 a.m., end at 9:10 p.m.

Full retreat

You would need to arrive by 5:45 a.m. Begin at 6:00 a.m., end at 9:10 p.m. Please remember to bring a change of clothes suitable for samu (caretaking practice). If staying overnight, please remember to bring a sleeping bag, a towel and other such necessities. If you have been diagnosed by a medical doctor as having allergies to specific foods, please contact the tenzo, Jinmyo sensei at [rengezo at gmail dot com](mailto:rengezo@gmail.com), a week in advance of your retreat to inform her of dietary restrictions as this affects food purchases and meal planning.

Retreat Dana

Please see the suggested dana amount for full and partial day retreats on [this page](#). Retreat dana covers the basic cost of food and other materials. Donations above this figure are very welcome and all donations are tax deductible.

Retreat Handbook

You can download the [Dainen-ji Retreat Handbook](#), written by Ven. Jinmyo Renge sensei.

Public Students' Retreats

For retreats to be mentioned in the eMirror, public students are asked to send an email to schedule at wwzc

dot org after they sit a retreat mentioning the date of their retreat and whether it is a partial, half-day or full retreat. Please also include the name of the city in which you live.

There is also a retreat schedule for public students posted [here](#).

Training Sessions and Residential Training

For information on training sessions and residential training please see:

- [Training Sessions](#)
- [Residential Training](#)