

DOGEN'S INSTRUCTIONS FOR THE CHIEF COOK

Bear River Meditation Group, Saturday, 17 January 2026

Retreat Schedule

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| 9:30 - 9:45 | Arrival and set up |
| 10:00 | Welcome (Those joining this part of the retreat online may join now. Please mute your microphone. There will be no online chat ahead of the start of the retreat.) |
| 10:05 | Meditation (30 minutes) |
| 10:35 | Ceremony
Scripture of Avalokitesvara Bodhisattva |
| 11:00 | Dharma Talk
(Hybrid meeting ends following Dharma talk.) |
| 11:30 | Discussion |
| 11:50 | Break |
| 11:55 | Meditation |
| 12:15 | Lunch set up; Silent Lunch; Cleanup and Break |
| 1:00 | Meditation |
| 1:20 | Dharma Talk and Discussion (with cookies) |
| 2:10 | Break |
| 2:15 | Walking Meditation |
| 2:25 | Meditation |
| 2:45 | Vespers |
| 3:00 | Clean up |
| 3:30 | End of retreat |