

Spring Weekend Retreat

2021 May 1 to May 2

- **What is Weekend Retreat?**

Weekend retreats are scheduled during the spring or autumn hae jae periods at Musangsa. These retreats are open to newcomers and experienced alike, where monks, nuns and lay practitioners sit together in the Zen Hall. The retreat program follows the Kyol Che daily practice schedule of formal practice and community activities. Due to the current coronavirus situation, we will not have an in-person Weekend Retreat at Musangsa. So, we will offer our Spring Weekend Retreat online on Zoom. The Online Weekend Retreat schedule will include Bowing, Chanting, Sitting, interview and Questions and Answers with the Musangsa teachers. By participating in a Weekend Retreat, we strengthen our practice and provide support to each other by sitting together online.

Teachers: Dae Bong Sunim ZM & HyeTong Sunim JDPS

- **How do I Apply for Weekend Retreat?**

Fill out the application form - you can find it on the MuSangSa website, FaceBook or Instagram: please submit it online. Upon receipt of your acceptance letter from MuSangSa, and payment advance then you will receive Zoom links to the Online Practices. The deadline to apply for Weekend Retreat is Monday, April 26th.

If you have any questions, contact Musangsa at email office@musangsa.org

Online application

[Application for Spring Online Weekend 2-day Retreat May 1-2, 2021](#)

Weekend Retreat Fee

50.000 Korea Currency won

- **Account Information.**

You will receive Account information in the acceptance letter. If you want to wire transfer to the Musangsa Bank account, let us know and we will send our Bank information.

· **Weekend Retreat Program**

Saturday, May 1

09:00 Reading Temple rules, Opening talk, announcement, break

10:00-12:00 Sitting (3 x 30 min) with Kong-an interview

12:00-14:00 Lunch and break (trying to keep silence)

14:00-16:30 Sitting (4 x 30 min) periods with Kong-an interview

16:30-18:00 Dinner and break

18:00-18:30 Chanting

18:30-19:40 Sitting (2 x 30 min)

19:50-20:50 Dharma talk and Q&A with teacher

20:50 Four Great Vows

Sunday, May 2

05:30 Four Great Vows and 108 bows

06:00 Morning chanting

06:30 Sitting (2 x 30 min) with Kong-an interview

07:40-10:00 Breakfast, break

10:00 Sitting (3 x 30 min) with Kong-an interview

12:00 Circle talk

· **Information for the participants**

- Comfortable clothes for sitting
- Cushion and/or chair – make sure to you are on camera throughout the retreat
- Recommend to set up your meal plans before the retreat starts so you are not late for the next session after the meal times.
- Each one will receive two Kong-an interviews, each on Saturday and Sunday.