

schedule(eve event & retreat)

time	9/4	9/5	9/6		
6:00		朝のお勤め※5	散歩 walking※10		
6:30		休憩(rest)	休憩(rest)		
7:00		work shop by D (soft)※6	work shop by Duncan (hard)※11		
7:30		朝食と休憩※6.1 breakfast & rest	朝食と休憩 breakfast & rest		
8:00				orientation	
8:30		準備 preparation	workshop by Duncan (hard)※7	大般若経転読 chanting ※12	
9:00			lunch & rest 昼食と休憩※8.1	rest & lunch※ 13	
9:30				護摩焚き※14 light a holy fire	
10:00			加茂駅送迎 deliver from station	training under waterfall 滝行※8.2	お祭りに参加
10:30					
11:00	work shop by Duncan (hard)※1	rest 休憩 sento 銭湯 (public bath) dinner夕食 ※2	ending party		
11:30	rest 休憩				
12:00	タイのコンサート concert by ty※3	music workshop by Ty※9	加茂駅送迎 deliver to station		
12:30	マッサージ パーティー massage party by Duncan※4	rest 休憩 dinner夕食 sento 銭湯 (public bath)	片付 cleaning		
13:00	Sleep			Sleep	
food					
breakfast	—	茶粥※19	茶粥※19		
lunch	—	茶そば※20	ささげ弁当※21		
dinner	ベジタリアン バーベキュー ※18	精進料理 ※22	—		
備考 recital					

: Eve event

: 2 days Retreat

※notes

1. it is all of first session. So participants want to do hard.  
how do you think that people who does not attend the retreat can join the workshop?
  2. participants get early bath and dinner for waiting Ty's concert.  
Public bath is far away from kontai-ji 15 minutes by car.
  3. how do you think that people who does not attend the retreat can join the concert?  
if we do that, we can collect more people.
  4. it is relax time. So Duncan do massage for participants. Ty has free session.  
Every night we turn off lights at 10 PM.
  5. it is morning chanting for Monk of Kontai-ji. We can attend it, and he teach Buddhist(shingon) like below.  
[http://blogimg.goo.ne.jp/user\\_image/67/80/dd55958a98b181cf442d69af78da0886.jpg](http://blogimg.goo.ne.jp/user_image/67/80/dd55958a98b181cf442d69af78da0886.jpg)  
every morning we wake up at 5:30 AM.
  6. this day we have 2 WS BtoB, and second one is the Retreat first one, so this one should be hard
  7. this WS is first WS for people who attend only the retreat. so it should be hard.
  - 8.1 after rest & lunch, we need to prepare for training of waterfall.  
men wear white Hundoshi(japanese style under pants), women wear sarashi(like swimsuit)  
women like below  
<http://wadaphoto.jp/maturi/images2/seppu70.jpg>  
men like below  
<http://www.tsubamesanio-ic.or.jp/2006/blogimg/1029/1.jpg>
  - 8.2 Monks bring us to waterfall. it is 20 minutes by walk. And they teach us how to do that.
  9. if Ty want to longer, you can do that.
  10. it is free time at morning.
  11. it is best time of yoga training...
  12. the temple's festival is started, so other people start to gather temple.  
"Daihannya-kyo Tendoku" is chanting of Buddhist(shingon shu) sutra in a special way.  
And we only attend and listen it. (so it is one of rest time.)  
like below.  
<http://www.ict.ne.jp/~jofukuji/daihannya1.jpg>
  13. it is free time. Monks prepare #14 fire event.  
So I want to prepare this lunch is rice balls.(we can eat it every where)
  14. "Gomataki" is light a holy fire. it is the climax of it.  
We only see it. So it is free time for us.
  15. it is the last WS of Duncan.
  16. We prepare japanese style tea time with matcha and japanese cakes.
  17. it is the end of the retreat.
- Food
18. vegetarian BBQ. It is enjoyable even for vegetarian.  
it is very traditional food for japanese monks at their training.
  19. "chagayu" is tea gruel. It has eaten by common people living at Kyoto and Nara for 1300  
it is very mild and easy of digestion.(it's training monks breakfast too.)
  20. "cha-soba" is tea-buckwheat noodles.(Duncan ate at Wazuka last time.)
  21. "sasage-bento" is a type of vegetarian bento.
  22. "syojin-ryori" is maigre dish.