

Denkoe Schedule 2015

Monday Evening

6-7:00pm ...Arrival, Check-in
7:00Zazen, Orientation
7:30Kinhin
7:40Zazen
8:10Kinhin
8:20Zazen
8:50Vespers
9:00To bed

Sunday Morning

4:30am Rising
5:00 Zazen
5:30 Short Morning Service
5:45 Shosan Ceremony
6:30 Closing Ceremony
7:00 Temple Cleanup/Breakfast Prep
7:30 Oryoki Breakfast
8:00 Kitchen Cleanup

8:30 Regular morning program

Tuesday–Saturday

4:30amRising
5:00Zazen
5:25Kinhin
5:35Zazen
6:00Kinhin
6:10Zazen
6:40Full Morning Service
7:10Temple Cleanup/Breakfast Prep
7:40Oryoki Breakfast
8:15.....Breakfast Cleanup
8:30Work
10:00Zazen
10:25Kinhin
10:35Zazen
11:00.....Kinhin
11:10.....Zazen
11:35Service
noonOryoki Lunch
12:45.....Lunch Cleanup

1:00 Rest
2:15 Exercise
3:00..... Evening Service
 (Mondo on Saturday)
3:10 Zazen
3:40 Kinhin
3:50 Zazen
4:30 Kinhin
4:40 Zazen
5:30 Oryoki Dinner
6:10 Study / Dinner Cleanup
7:00 Zazen
7:35 Kinhin
7:45 Zazen / Dharma Talk
8:20 Kinhin
8:30 Zazen
9:00 Formal Tea
9:15 Vespers
9:30 To bed