

Genzo-e Schedule 2018

June 19 – June 23

Tuesday–Saturday

4:30am	Rising	1:15	Lunch cleanup
5:00	Zazen	3:00.....	Evening Service
5:25	Posture Adjustment	3:10	Zazen
5:50	Kinhin	3:40	Kinhin
6:00	Zazen	3:50	Zazen
6:25	Posture Adjustment	4:20	Kinhin
6:50	Kinhin	4:30	Zazen
7:00	Zazen	5:10	Break
7:30.....	Morning Service	5:30	Oryoki Dinner
8:00	Soji (Temple cleanup)	6:10	Study / Dinner Cleanup
8:15	Oryoki Breakfast	7:00	Zazen
8:45	Breakfast cleanup	7:35	Kinhin
9:15	Work Practice	7:45	Zazen / Dharma Talk
11:00.....	Zazen	8:20	Kinhin
11:25.....	Posture adjustment	8:30	Zazen
11:50	Kinhin	9:00	Formal Tea
12:00	Zazen	9:15	Vespers
12:30.....	Service	9:30	To bed
12:45.....	Oryoki lunch		