

Genzo-e Schedule

Tuesday–Saturday

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|--------------|-----------------------|------------|------------------------|
| 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 | | |