

Genzoe June 2020

Schedule

500-730am Outside zazen, in-person sanzen available starting at 6, in Founders Shrine

730 service - Sutra recitation, then soji

815 Breakfast (residents)

9-10:30 Work

10:30am-12:30pm Outside zazen

1230 Lunch (residents)

Rest, exercise

330 Fukanzazengi, zazen outside, sanzen available via zoom.

530 Dinner (residents)

7-9 Zazen outside, with dharma talk at 8

9 Vespers