

Denkoe Schedule 2022

Monday Evening

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

Sunday Morning

4:30am	Rising
5:00	Zazen
5:30	Kinhin
5:40	Zazen
6:10	Closing Ceremony
6:30	Temple Cleanup/Breakfast Prep
7:00	Oryoki Breakfast
7:45	Kitchen Cleanup
8:30	Sunday morning program

Tuesday-Saturday

4:30am	Rising	3:10	Zazen
5:00	Zazen	3:40	Kinhin
5:50	Kinhin	3:50	Zazen (Mondo on Sat)
6:00	Zazen	4:30	Kinhin
6:50	Full Morning Service	4:40	Zazen
7:20	Temple Cleanup/Breakfast Prep	5:10	Break
7:50	Oryoki Breakfast	5:30	Informal Dinner
8:25	Breakfast Cleanup	6:10	Study / Dinner Cleanup
8:45	Work	7:00	Zazen
10:45	Zazen	7:35	Kinhin
11:15	Kinhin	7:45	Zazen / Dharma Talk
11:25	Zazen	8:20	Kinhin
12:10	Service	8:30	Zazen
12:30	Oryoki Lunch	9:00	Formal Tea (Shosan on Sat)
1:00	Lunch Cleanup	9:15	Vespers
1:15	Rest / Exercise	9:30	To bed
3:00	Evening Service		