

Genzo-e Schedule 2024

Tuesday–Saturday

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