

# Denkoe Schedule 2018

## Monday Evening

6:15pm .....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  
5:25 ..... Kinhin  
5:35 ..... Zazen  
6:00 ..... Short Morning Service  
6:15 ..... Closing Ceremony  
6:45 ..... Temple Cleanup/Breakfast Prep  
7:10 ..... Oryoki Breakfast  
7:40 ..... Kitchen Cleanup  
  
8:30 ..... Regular morning program

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## Tuesday–Saturday

4:30am .....Rising  
5:00 .....Zazen  
5:25 .....Kinhin  
5:35 .....Zazen  
6:00 .....Kinhin  
6:10 .....Zazen  
6:40 .....Full Morning Service  
7:10 .....Temple Cleanup/Breakfast Prep  
7:40 .....Oryoki Breakfast  
8:15.....Breakfast Cleanup  
8:30 .....Work  
10:00 .....Zazen  
10:25 .....Kinhin  
10:35 .....Zazen  
11:00.....Kinhin  
11:10.....Zazen  
11:40 .....Service  
noon .....Oryoki Lunch  
12:45.....Lunch Cleanup  
1:00 .....Rest

2:15 ..... Exercise  
3:00..... Evening Service  
(Mondo on Saturday)  
3:10 ..... Zazen  
3:40 ..... Kinhin  
3:50 ..... Zazen  
4:30 ..... Kinhin  
4:40 ..... Zazen  
5:10 ..... Break  
5:30 ..... Oryoki Dinner  
6:10 ..... Study / Dinner Cleanup  
7:00 ..... Zazen  
7:35 ..... Kinhin  
7:45 ..... Zazen / Dharma Talk  
8:20 ..... Kinhin  
8:30 ..... Zazen  
9:00 ..... Formal Tea  
9:15 ..... Vespers  
9:30 ..... To bed