

Denko-e Schedule 2024

Monday

6:00 to 7:00p 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

Tuesday-Saturday

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

Sunday Morning

4:30a 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 Regular Sunday morning Program