



Genzo-e Schedule

Wednesday

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| 17:00 – 18:00 | Arrival |
| 18:00-19:00 | Dinner |
| 19:00-20:00 | Oryoki – Zendo Training |
| 20:20-21:00 | Zazen |
| | End of day (zendo remains open if anyone wants to continue sitting) |

Thursday-Sunday

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|-------------|---|
| 06:30-07:10 | Zazen |
| 07:10-07:20 | Kin hin |
| 07:20-08:00 | Zazen |
| 08:00-08:20 | Morning Service |
| 08:20-09:00 | Oryoki breakfast |
| 09:00-10:00 | Break |
| 10:00-11:30 | Study time |
| 11:30-12:30 | Soji, cooking |
| 12:30-13:00 | Lunch |
| 13:00-14:00 | Break |
| 14:00-14:40 | Zazen |
| 15:00-16:30 | Lecture |
| 16:30-16:50 | Q&A |
| 17:10-18:20 | Kin hin or qigong outside |
| 18:30-19:00 | Dinner |
| 19:00-19:40 | Zazen |
| 20:00-21:30 | Lecture |
| | End of day (zendo remains open if anyone wants to continue sitting) |



Monday

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|-------------|--------------------------|
| 06:30-07:10 | Zazen |
| 07:10-07:20 | Kinhin |
| 07:20-08:00 | Zazen |
| 08:00-08:20 | Morning Service |
| 08:20-09:00 | Oryoki Breakfast |
| 09:00-10:00 | Break |
| 10:00-11:30 | Study time |
| 11:30-12:30 | Soji, cooking |
| 12:30-13:00 | Lunch |
| 13:00-14:00 | Break |
| 14:10-14:50 | Zazen |
| 15:00-16:30 | Lecture |
| 16:30-16:50 | Q&A |
| 17:10-18:20 | Kinhin or qigong outside |
| 18:30-19:00 | Dinner and wrap-up |