

Virtual Genzo-e November Sanko-ji

Full Retreat Days (November 3rd-6th)

05:40AM Wakeup
06:10 Zazen
07:00 Kinhin
07:10 Zazen
08:00 Breakfast
08:30 Soji (temple cleaning)
09:00 Study period
10:00 Samu
12:00PM Lunch/Break
14:00 Lecture
15:30 Question & answer
16:10 Zazen
17:00 Kinhin
17:10 Zazen
18:00 Dinner/Break
19:00 Lecture
20:30 End of Day

Closing Day (November 7th)

05:40AM Wakeup
06:10 Zazen
07:00 Kinhin
07:10 Zazen
08:00 Breakfast
08:30 Soji (temple cleaning)
09:00 Study period
10:00 Samu
12:00PM Lunch/Break
12:40 Study period
14:00 Lecture
15:30 Question & answer
End of retreat