SCHEDULE 49-DAYS KIDO

5.00h	Wake up
5.15h	108 bows
5.45h	Kido (Great Dharani)
	Opening bell
	Homage to the three jewels
	Thousand Eyes and Hands Sutra (repeat Great Dharani x 27)
	Heart Sutra (Korean)
7.10h	Meditation
8.30h	Breakfast
10.00h	Work Period
13.00h	Break
13.30h	Lunch
15.00h	Excursion
16.30h	Break
-	Dinner (Optional)
18.30h	Kido (Hwa Om Song Jung)
	Thousand Eyes and Hands Sutra (repeat Great Dharani x 3)
	Hwa Om Song Jung (x 20 min)
	Heart Sutra (Korean)
	Sutra del Cor (Catalan)
	Great Dharani
19.30h	Meditation