

## KIDO SCHEDULE

### Morning practice

- 6.30h 108 bows
- 7.00h Morning chanting
- 7.30h Meditation (1 x 30 min)

### Kido

10.30h-12.30h Thousand Eyes and Hands Sutra (Gran Dharani x 54)

### Kido

15.30h-17.30h Thousand Eyes and Hands Sutra (Gran Dharani x 54)

### Evening practice

- 19.00h Evening chanting
- 19.30h Meditation (1 x 1 hora)
- 20.35h Four Great Vows