



International Zen Center
Noorder Poort

DAILY LIFE SESSHIN green = in silence

6.00	wake up
6.30	tea 'om mani padme hum' zazen kinhin zazen
8.00	formal morning meal (open end)
9.15	work practice
10.00	coffee/tea + 10.10-10.45 groupmeeting
11.00- 12.30	work practice
12.45	*formal noon meal (open end)
15.00-16.00	work practice
16.20 -17.45	tea zazen slow kinhin zazen slow kinhin (16.35 - 17.45 dokusan)
18.00	informal evening meal
20.00	zazen slow kinhin zazen
21.05	tea 'om namu buddhaya'
21.45	lights out

* starts in silence; after the bell talking is allowed.