



Introduction Weekend

International Zen Center
Noorder Poort

Saturday

10:00	Coffee & tea
10:20	Introduction in living room
10:45 – 12:15	Instruction zazen (sitting) and kinhin (walking) Dharma talk Zazen
12:30	Noon meal in silence Rest
14:30 – 16:00	Tea in zendo Instructions zen form Zazen Individual walking meditation
16:00	Tea & fruit (in tearoom)
16:30 – 17:30	Zazen – kinhin – zazen
17:45	Evening meal in silence
19:30	Zazen – kinhin
20:00	Body scan (lying down)
20:35	Zazen (15 min) – tea – om mani padme hum
21:30	Lights out

Sunday

6:30	Wake up
7:00	Tea – body practice – zazen
8:00	Morning meal in silence
8:45	Daily cleaning
9:30	Coffee and tea
10:00	Zazen – kinhin – zazen
10:50	Dharma talk Individual walking meditation
12:00	Zazen kinhin
12:30	Noon meal in silence
13:30	Cleaning rooms
14:30	Zazen – kinhin – tea – om mani padme hum
15:20	Question & answers; sharing
16:00	Happy end!