



International Zen Center
Noorder Poort

New Year's sesshin

Monday December 28

till 19.30	instructions daily cleaning
19.30	instructions
20.30	introduction in zendo zazen tea chanting
22.00	lights out

Tuesday December 29 and Wednesday December 30

	6.30	wake up
	6.55	tea chanting kinhin zazen
	8.15	morning meal
	9.00	daily cleaning
	9.45	coffee/tea
	10.15	zazen kinhin (slow or outside)
	10.55	Dharma talk kinhin
11.55-12.40 <i>dokusan</i>	11.50	zazen kinhin zazen
	13.00	noon meal rest/walking meditation
	16.00	tea maitri sutra "om mani padme hum"
	16.20	zazen slow kinhin
17.00-17.45 <i>dokusan</i>	16.55-17.45	zazen slow kinhin zazen
	18.00	evening meal
	19.30	zazen slow kinhin
20.10-20.35 <i>dokusan</i>	20.10	zazen
	20.35	"leaving no traces" : fireplace or individual practice in zendo
	21.20	zazen (15 minutes) tea chanting
	22.30	lights out



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Thursday December 31

	6.30	wake up
	6.55	tea chanting kinhin zazen
	8.15	morning meal
	9.00	daily cleaning
	9.45	coffee/tea
	10.15-12.15	“leaving no traces” cleaning tea
	12.35	zazen
	13.00	noon meal rest/walking meditation
	16.00	tea maitri sutra “om mani padme hum”
<i>17.00-17.45</i>	16.20	zazen slow kinhin
<i>dokusan</i>	16.55-18.00	zazen slow kinhin zazen
	18.15	evening meal
	20.00	zazen slow kinhin
<i>20.40-21.35</i>	20.40-21.45	zazen slow kinhin zazen
<i>dokusan</i>	21.45	“leaving no traces” : fireplace or individual practice in zendo
	22.55	zazen slow kinhin + “entering the new year with 108 rings of the bell”
	00.05	“happy new year” in living room
	01.15	lights out

Friday January 1

	7.45	wake up
	8.10	tea chanting
	9.00	morning meal
	9.45	daily cleaning
	10.30	coffee/tea
	11.00	zazen slow kinhin zazen
	12.05	closing and transferring the merit
	12.30	lunch HAPPY END!