



International Zen Center
Noorder Poort

ROHATSU

Day 2 - 5

	3.30	wake up
	3.55	tea chanting* kinhin
	4.40	zazen kinhin zazen kinhin
6.00-6.40 <i>sanzen**</i>	5.50-6.40	zazen kinhin zazen
	6.55	morning meal hanny shingyo (standing) zazen (15 minutes)
	8.10-8.55	daily cleaning coffee/tea
	9.25	zazen kinhin
	10.00	encouragement slow kinhin
10.55-11.35 <i>sanzen**</i>	10.45-11.35	zazen kinhin zazen
	11.50	noon meal hannya shingyo (standing) rest/walking meditation
	13.50	tea maitri sutra
	14.10	zazen kinhin zazen kinhin (outside or slow)
15.35-16.15 <i>sanzen**</i>	15.25 – 16.15	zazen slow kinhin zazen
	16.30	evening meal
	18.30	gyodo zazen kinhin
	19.25	zazen kinhin
	20.00	tempatsu zazen (20 minutes) slow kinhin
20.50-21.15 <i>'one minute sanzen'***</i>	20.45	zazen slow kinhin
	21.20	tea chanting
	21.45	lights out

* without Lotussutra

** alternately to begin with jikijitsu resp. tanto side; then the other side as one-minute-sanzen

*** everybody: just immediately manifest your insight (no new practice/koan is given)