



International Zen Center
Noorder Poort

DAI-SESSHIN

	4.45	wake up
	5.10	tea chanting kinhin
	5.50	zazen kinhin zazen kinhin
7.10 - 7.50	7.10	zazen kinhin zazen
<i>sanzen</i> *	8.00	morning meal
	9.00	daily cleaning
	9.45-10.10	coffee/tea
	10.20	zazen slow kinhin
	11.00	teisho or 'questions and answers' (slow) kinhin
11.50-12.30	11.45	zazen kinhin zazen
<i>Sanzen</i> *	12.45	noon meal rest/walking meditation
	15.00	tea maitri sutra 'om mani padme hum' zazen kinhin zazen individual kinhin
16.50 - 17.30	16.45	zazen slow kinhin zazen
<i>sanzen</i> *	17.45	evening meal
	19.30	gyodo zazen kinhin zazen kinhin
21.00	21.00	zazen slow kinhin
'one minute sanzen'	21.35	tea 'om namu buddhaya'
	22.00	lights out

* alternately jikijitsu side and tanto side