



International Zen Center
Noorder Poort

KOKORO- SESSHIN

Friday

18.15	evening meal
till 19.30	instructions daily cleaning etc.
19.45	introduction zazen tea chanting
22.00	lights out

Saturday - Tuesday

	7.00	wake up
	7.30	tea om mani padme hum zazen
	8.20	formal morning meal (open end)
	9.15 – 10.00	daily cleaning coffee/tea
	10.30	zazen slow kinhin
	11.10	instructions or Dharma talk or question period individual practice
	13.00	formal noon meal (open end) rest/individual practice
	16.10	tea zazen kinhin
<i>17.00-18.00</i> <i>interviews</i>	17.00	zazen
	17.25	individual practice
	18.15	informal evening meal
<i>20.00 - 21.00</i> <i>interviews</i>	20.00	zazen slow kinhin zazen
	21.05	tea om namu Buddhaya
	22.00	lights out