



International Zen Center
Noorder Poort

Schedule Walking Retreat

Tuesday	18.00	informal evening meal
	19.30	introduction in library
	20.30	zazen tea “om na mu buddhaya”
	21.45	lights out
Wednesday & Thursday	6.00	wake up
	6.25	tea “om mani padme hum” zazen kinhin zazen
	8.00	informal morning meal (in silence, open end) prepare sandwiches
	8.45-9.30	daily cleaning
	9.30	coffee/tea
	10.00- 16.00	walking rest
	17.30	informal evening meal (in silence, open end)
	19.30-20.15	group meeting in library
	20.30	zazen tea “om na mu buddhaya”
	21.45	lights out
Friday	6.00	wake up
	6.25	tea “om mani padme hum” zazen kinhin zazen
	8.00	informal morning meal (in silence, open end)
	8.45-9.30	daily cleaning
	9.30	coffee/tea
	10.00- 11.30	walking
	11.30	cleaning rooms
	12.15 -12.45	group meeting in library
13.00	informal noon meal	

Green = we practice in silence