



International Zen Center
Noorder Poort

ZEN WEEKEND

Friday	till 19.30	instructions daily cleaning	
	19.30	introduction and instructions in zendo zazen - tea - om namu buddhaya	
	22.00	lights out	
Saturday	6.00	wake up	
	6.30	tea - chanting - kinhin - zazen	
	8.00	formal morning meal (open end)	
	9.00-9.45	daily cleaning	
	9.45-10.10	coffee/tea	
	10.20	zazen – slow kinhin	
	11.00	Dharma talk individual kinhin	
	12.10-12.35 <i>dokusan</i>	12.10 zazen 12.50 formal noon meal (open end) rest/individual practice	
	16.55-17.40 <i>dokusan</i>	15.00	tea - maitri sutra – ‘om mani’
		15.20	zazen kinhin zazen
		16.20	individual kinhin
		16.50	zazen – slow kinhin - zazen
		18.00	evening meal
20.50 - 21.35 <i>dokusan</i>	19.30	zazen - kinhin - zazen - slow kinhin	
	20.45	zazen - slow kinhin - zazen	
	21.40	tea - om namu buddhaya	
	22.00	lights out	
Sunday	see saturday till 11.00		
	11.00	questions and answers individual kinhin	
	12.10	zazen	
	12.45	formal noon meal (open end) cleaning rooms	
	14.30	tea - maitri sutra - 'om mani'	
	14.50	zazen sharing	
	16.00	happy end	