International Zen Center
Noorder Poort

GO-SESSHIN

Tuesday	18.00	evening meal
	till 19.45	instructions ‘daily cleaning’
	19.45	introduction in zendo
		zazen
		tea ‘om namu buddhaya’
		instructions
	22.00	lights out
Wednesday-Saturday	5.55	wake up
	6.25	tea ‘hannya shingyo’
		zazen kinhin zazen
	8.00	formal morning meal
	9.00 – 9.45	daily cleaning
	9.45 – 10.10	coffee/tea
	10.20	zazen slow kinhin
	11.00	dharma talk or “questions and answers”
		slow or individual kinhin
11.55 – 12.30	11.50-12.30	zazen slow kinhin
dokusan	12.45	formal noon meal
		rest/walking meditation
	15.15	tea maitri sutra om mani padme hum
		zazen kinhin zazen
	±16.30	individual kinhin
17.00 – 17.45	17.00 – 17.45	zazen slow kinhin zazen
dokusan	18.00	evening meal
	19.30	zazen kinhin zazen slow kinhin
20.10 – 21.15	20.45	zazen slow kinhin
dokusan	21.20	tea ‘om namu buddhaya’
	22.00	lights out