



International Zen Center  
Noorder Poort

## SCHEDULE WORKWEEK

### Monday

11.00	introduction in tearoom instructions
12.30	zazen
13.00	noonmeal (informal in silence )
14.45-16.00	work period tea
16.20-17.30	work period
18.00	evening meal
19.30-21.30	zen cursus
21.45	lights out

GREAT SILENCE TILL MORNING MEAL

**\* Green means we work in silence!**



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## SCHEDULE WORKWEEK

### Tuesday- Thursday

6.00	wake up
6.25	tea om mani padme hum zazen kinhin (outside) zazen
8.00	morning meal in silence
9.00 - 10.10	work period 1 tea/coffee
10.30 - 11.45	work period 2
12.05	zazen
12.35	noon meal in silence
14.30-16.00	work period 3 tea
16.20-17.45	work period 4
18.00	evening meal
19.30	zazen kinhin zazen tea om namu buddhaya
21.45	lights out

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## Friday

6.30	wake up
7.00	tea om mani padme hum zazen
8.00	morning meal in silence
9.00	<b>work period</b>
9.45	tea/coffee + sharing
10.20	cleaning rooms
11.00	end

**\* Green means we work in silence!**