



International Zen Center
Noorder Poort

GO-SESSHIN

	5.30	wake up
	5.55	tea chanting kinhin zazen kinhin zazen
	8.00	morning meal
	8.45	daily cleaning
	9.30-10.00	coffee/tea
	10.10	zazen
	10.35	individual kinhin
	11.00	dharma talk or “questions and answers” kinhin (outside or slow)
<i>11.55 – 12.30</i>	11.55-12.35	zazen slow kinhin zazen
<i>dokusan</i>	12.45	noon meal rest/walking meditation
	14.45	tea maitri sutra
	15.05	zazen
	15.30	individual kinhin
	15.55	zazen
	16.20	individual kinhin
<i>16.50-17.30</i>	16.45-17.30	zazen slow kinhin zazen
<i>dokusan</i>	17.45	evening meal
	19.15	zazen slow kinhin
	19.50	zazen slow kinhin
<i>20.35-21.15</i>	20.30	zazen slow kinhin zazen
<i>dokusan</i>	21.25	tea chanting
	22.00	lights out