



International Zen Center  
Noorder Poort

## DAI-SESSHIN

	5.25	wake up
	5.50	tea chanting kinhin
	6.35	zazen kinhin zazen
	7.50	formal morning meal hannya shingyo (standing)
	8.45 - 9.30	daily cleaning
	-10.00	coffee/tea
	10.10	zazen slow kinhin
	10.50	teisho (slow) kinhin
<i>11.40 - 12.50 sanzen</i>	11.40 - 12.50	zazen slow kinhin zazen
	13.00	formal noon meal hannya shingyo (standing)
		rest/walking meditation/exercises
	15.00	tea maitri sutra 'om mani padme hum' zazen kinhin zazen individual kinhin
<i>16.45 - 17.55 sanzen</i>	16.45	zazen slow kinhin zazen
	18.10	informal evening meal
	19.45	zazen kinhin zazen kinhin (slow or outside)
<i>21.05-21.35 'one minute' sanzen</i>	21.05	zazen slow kinhin
	21.35	tea 'om namu buddhaya'
	22.00	lights out