



International Zen Center  
Noorder Poort

## ROHATSU

### day 2-5

	5.20	wake up
	5.45	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	encouragement (slow) kinhin
<i>11.40-12.50</i>	11.40-12.50	zazen slow kinhin zazen
<i>sanzen**</i>	13.00	formal noon meal hannya shingyo (standing) rest/walking meditation
	14.40	tea maitri sutra 'om mani padme hum' zazen kinhin zazen kinhin outside
	16.20	zazen kinhin
<i>16.55-18.05</i>	16.55-18.05	zazen slow kinhin zazen
<i>sanzen**</i>	18.15	informal evening meal
	19.45	zazen kinhin zazen slow kinhin
<i>21.00-22.10</i>	21.00	zazen slow kinhin zazen slow kinhin
<i>sanzen**</i>	22.10	tea 'om namu buddhaya'
	22.30	lights out

\* without Lotussutra

\*\* alternately to begin with jikijitsu or tanto side.

please, immediately say what your koan is and then give your answer