



International Zen Center  
Noorder Poort

## DAI-SESSHIN

	5.30	wake up
	5.55	tea chanting kinhin
	6.40	zazen kinhin zazen
	8.00	formal morning meal hannya shingyo (standing)
	9.00 – 9.45	daily cleaning
	9.45 – 10.10	coffee/tea
	10.20	zazen slow kinhin
	11.00	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 – 17.55	zazen slow kinhin zazen
	18.10	informal evening meal
	19.30	gyodo 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