

DAILY LIFE SESSHIN green = in silence

Tuesday evening

18.00	informal evening meal
19.45	introduction in zendo – zazen instructions for new people tea in tearoom
21.30	lights out

Wednesday & Thursday

6.00	wake up
6.25	tea ‘om mani padme hum’ zazen kinhin zazen
8.00	morning meal in silence
9.00	work practice (daily cleaning)
9.45	coffee/tea
10.10 - 10.40	groupmeeting
10.50 - 12.30	work practice
12.45	noon meal in silence
15.15-16.15	work practice tea in tearoom
16.45 -17.45	zazen slow kinhin zazen (16.45 – 17. 45 dokusan)
18.00	informal evening meal
20.00	zazen slow kinhin zazen (20.00 – 20:40 dokusan)
21.05	tea ‘om namu budhhaya’
21.45	lights out

Friday

Until 10.40	see above
10.50 – 12.10	work pratice
12.10	cleaning rooms
12.45	informal noon meal
14.00	end