



International Zen Center  
Noorder Poort

## GO-SESSHIN

	5.45	wake up
	6.15	tea ‘hannya shin gyo’ zazen kinhin zazen
	8.00	formal morning meal
	9.00 – 9.45	daily cleaning
	9.45 – 10.10	coffee/tea
	10.20	zazen slow kinhin
	11.00	dharma talk or “questions and answers” kinhin (outside or slow)
<i>11.55 – 12.30</i> <i>dokusan</i>	11.50-12.30	zazen slow kinhin
	12.45	noon meal rest/walking meditation
	15.15	tea maitri sutra om mani padme hum
	15.30	zazen kinhin zazen
	16.30	individual kinhin
<i>17.00-17.40</i> <i>dokusan</i>	17.00-17.45	zazen slow kinhin zazen
	18.00	evening meal
	19.30	zazen kinhin zazen slow kinhin
<i>20.45-21.15</i> <i>dokusan</i>	20.45	zazen kinhin
	21.20	tea chanting
	22.00	lights out