



## SCHEDULE NEW YEARS SESSHIN

International Zen Center  
Noorder Poort

### December 28

18.00	evening meal
till 19.30	instructions daily cleaning
19.30	introduction in zendo
	zazen
	instructions for new people
	tea in tearoom
22.00	lights out

### December 29 and 30

	6.45	wake up
	7.15	tea hannya shin gyo zazen
	8.15	formal morning meal (open end)
	9.00	daily cleaning
	9.45-10:15	coffee/tea
	10.25	zazen - slow kinhin
	11:05	dharma talk
		slow kinhin
<i>11.55 -12.45</i>	11.50 - 12.45	zazen kinhin zazen
<i>dokusan</i>	13.00	formal noon meal (open end)
		rest/walking meditation
	15.30	tea maitri sutra “om mani padme hum”
		zazen
	16.15	individual kinhin
<i>16.50-17.40</i>	16.45 -17.45	zazen slow kinhin zazen
<i>dokusan</i>	18.00	evening meal
	19.30	zazen slow kinhin
<i>20.10-20.35</i>	20.10	zazen
<i>dokusan</i>	20.35	“leaving no traces”: individual practice
	21.20	zazen (15 min) tea “om namu budhhaya”
	22.00	lights out



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<b>December 31</b>	6.45	wake up
	7.15	tea hannya shin gyo zazen
	8.15	formal morning meal (open end)
	9.00	daily cleaning
	9.45-10:15	coffee/tea
	10.25-12.15	“leaving no traces” cleaning tea
	12.35	zazen (meditation for world peace)
	13.00	formal noon meal (open end) rest/walking meditation
	16.00	tea maitri sutra “om mani padme hum” zazen kinhin
<i>17.00-17.40</i> <i>dokusan</i>	16.55-17.45	zazen slow kinhin zazen
	18.00	evening meal
	19.30	zazen slow kinhin
<i>20.10-21.10</i> <i>dokusan</i>	20.10-21.15	zazen slow kinhin zazen
	21.25	questions and answers (living room) “leaving no traces”: individual practice
	22.55	zazen slow kinhin entering the new year with 108 rings of the bell
	00.05	happy new year in living room
	01.15	lights out



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<b>January 1</b>	7.45	wake up
	8.10	tea zazen
	9.00	formal morning meal (open end)
	9.45	daily cleaning
	10.30	coffee/tea
	11.00 - 12:00	zazen kinhin zazen
	12.10	cleaning rooms
	12.45	informal noon meal