

SCHEDULE WORKWEEK

Tuesday

11.00	introduction in tearoom instructions
12.30	zazen
13.00	noonmeal (informal in silence)
14.45-16.00	work period tea
16.20-17.30	work period
18.00	evening meal
19.30-21.30	zen cursus
21.45	lights out

GREAT SILENCE TILL MORNING MEAL

*** Red means we work in silence!**

SCHEDULE WORKWEEK

Wednesday - Thursday

6.00	wake up
6.25	tea om mani padme hum zazen kinhin (outside) zazen
8.00	morning meal in silence
9.00 - 10.00	work period 1 tea/coffee
10.30 – 12.30	work period 2
12.45	noon meal in silence
14.30 -16.00	work period 3 tea
16.30-17.30	work period 4
17.45	evening meal
19.30	zazen kinhin zazen tea om namu buddhaya
21.45	lights out

GREAT SILENCE TILL MORNING MEAL

*** Red means we work in silence!**

Friday

6.00	wake up
6.25	tea om mani padme hum zazen kinhin (outside) zazen
8.00	morning meal in silence
9.00 - 10.00	work period 1 tea/coffee
10.30 – 12.30	work period 2
12.45	informal noon meal
14.30 -15.30	work period 3
15.30	sharing & tea

*** Red means we work in silence!**