



International Zen Center
Noorder Poort

Zen Weekend

Friday	till 19.45	instructions daily cleaning
	19.45	introduction and instructions in zendo tea in tearoom
	21.45	lights out
Saturday	6.00	wake up
	6.25	tea Om Mani Padme Hum zazen - kinhin - zazen
	8.00	formal morning meal (open end)
	9.00 – 9.45	daily cleaning
	9.45 – 10.10	coffee/tea
	10.20	zazen – slow kinhin
	11.00	dharma talk slow kinhin
	12.00 – 12.35 <i>dokusan</i>	12.00 zazen 12.45 formal noon meal (open end) rest/individual practice
		14.45 tea maitri soetra zazen kinhin zazen
	16.00	individual kinhin
	16.30 – 17.30 <i>dokusan</i>	16.30 – 17.30 zazen – slow kinhin – zazen 17.45 informal evening meal
	19.30	zazen – kinhin
	20.10 – 21.10 <i>dokusan</i>	20.05 - 21.20 zazen – slow kinhin – zazen - kinhin tea Om Namu Buddhaya
	21.45 lights out	
Sunday	see Saturday till 11.00	
	11.00 questions and answers (individual) kinhin	
	12.00 zazen	
	12.45 formal noon meal (open end)	
	14.15 cleaning rooms	
	14.45 tea maitri soetra zazen sharing coffee & tea in tearoom	
	16.00 end	