International Zen Center
Noorder Poort

ZEN & YOGA
example of a whole day

5.30	wake up and tea
6.00	qigong outside (if the weather allows it)
6.30	zazen kinhin zazen
7.45	sutra recitation
8.15	breakfast
8.45	work period / daily cleaning
9.30	tea / coffee
10.00	zazen - hatha yoga - individual kinhin outside
	or: walk to the lake and zazen
12.15	zazen - kinhin and dokusan (private interviews)
13.00	noon meal and rest
15.00	zazen
15.30	dharma talk (teisho)
16.00	individual kinhin
16.30	zazen – kinhin – zazen and dokusan
	or: zazen - bodyscan
18.00	evening meal
19.30	zazen – yin yoga
	or: zazen – kinhin – zazen – kinhin outside
21.30	om namu buddhaya, three bows
22.00	lights out