



TIMETABLE

Noble silence begins

7:30 am	Zazen – kinhin – Zazen
8:30 am	Chanting
9:00 am	BREAKFAST
	Meitheal
11:00 am	Zazen – kinhin – Teisho - Zazen
12:45 pm	LUNCH
	Meitheal
3:00 pm	Tai Chi / Qi Gong Exercises in dojo
3:30 pm	Zazen – kinhin – Zazen
4:50 pm	Walk
5:20 pm	Zazen
5 45pm	Tea break – Noble silence ends
6:15 pm	Zazen - Kinhin - Zazen (regular Sunday Evening sitting)
7 20pm	Evening Gatha
	END OF DAY

Suggested Donation €25