

ZEN AROUND THE TABLE

Schedule:

Thursday May 23th (arrival)

17.30h Dinner

19.00h Evening Practice (optional)

Friday May 24th

6.30h Morning Practice (optional)

8.30h Breakfast (formal meal in Zen temple style, explanation)

9.30h-11.30h Cooking Class: Noodles

13.00h Lunch

15.30h-17.00h Cooking Class: Mushrooms

17.30h Dinner

19.00h Evening practice (optional)

Saturday May 25th

6.30h Morning Practice (optional)

8.30h Breakfast

9.30h-11.30h Cooking Class: Tofu & Paste

13.00h Lunch

15.30h-17.00h Cooking Class: Pulse and healthy chocolate

17.30h Dinner

19.00h Evening practice (optional)

Sunday May 26th

6.30h Morning Practice (optional)

8.30h Breakfast

9.30h Cooking Talk and Q&A

Leaving