



Participants of the Connection: 49-Day Zen Training make a commitment to daily zazen (sitting meditation) at least 30 minutes/day, ideally joining us in the Chosei Zen Virtual Dojo.

Daily Zazen in the US and Asia (ICT = Indochina time)

Day	PT	CT	ET	ICT	Registration link
Daily	5-5:30 am	7-7:30 am	8-8:30 am	8-8:30 pm*	US daily zazen
Sun-Thu	12:30-1 pm	2:30-3 pm	3:30-4 pm	N/A	Europe daily zazen
Mon-Thu	6:30-7 pm	8:30-9 pm	9:30-10 pm	9:30-10 am*	US daily zazen
Daily	10-10:30 pm	12-12:30 am	1-1:30 am	1-1:30 pm	Europe daily zazen

Optional - Weekly Okyo (Sound / chanting)

Mon	5:30-6:15 pm	7:30-8:15 pm	8:30-9:15 pm	9:30-10:15 am	US daily zazen
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* Time shifts to 7-7:30 pm and 8:30-9 am from March 10 (Daylight Savings).

Daily Zazen in Europe

Day	GMT	CET	Registration Link
Daily	6-6:30 am	7-7:30 am	Europe daily zazen
Daily	1-1:30 pm*	2-2:30 pm*	US daily zazen
Sun-Thu	8:30-9 pm	9:30-10 pm	Europe daily zazen

* Time shifts to 12-12:30pm GMT/ 1-1:30pm CET for joining US Daily Zazen during March 10-30.

Optional - Weekly Okyo (Sound / chanting)

Sat	7:15-7:45 am	8:15-8:45 am	Europe daily zazen
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During the 49 days, participants choose to work with another practice (e.g., 30 minutes per day, or twice per week) or relationship (person, community, or process) you'd like to deepen. You'll be able to reinforce your practice through 6 discussions with Chosei Zen teachers exploring how we shift focus towards "relationship over transaction" and "practice (or process) over reaching a goal." (highlighted below). We encourage you to attend these live, if you're able, though recordings will be made available.¹ Finally, all participants of the Connection 49-Day training have the option to join online classes (intro to zazen, hara development, sound) and intensive trainings: zazenkai (1-day: Feb 3, Mar 2) and keishin (4-day, Mar 21-24 after the 49-days). At the end of the 7 weeks, you'll come away with a sense of how cutting the loop of self-centered thinking frees us up to live more authentically, joyfully, and creatively in the world.

Below is the schedule for the 49-day training, January 28 - March 16, 2024. Visit the 49-day website for more information: <https://www.choseizen.org/49day-2024>. Please send any questions to virtualdojo@choseizen.org.

¹ Discussions will be recorded and videos made available by private Zoom link to registered participants unable to make the original time. Teacher's opening comments (not participants') will be posted publicly on YouTube.

49-DAY SCHEDULE OF EVENTS

Day	PT	CT	ET	GMT	CET	ICT	Time	Event (link to description)	Teacher	Zoom Link
Jan 28	8am	10am	11am	4pm	5pm	11pm	60m	Connection: One with Practice	Whitelaw	49-day discussion
Feb 3	5am	7 am	8 am	1pm	2pm	8pm	5h	February Zazen — <i>only for those already sitting regularly</i>	Student- led	Feb zazen
Feb 4	8am	10am	11am	4pm	5pm	11pm	90m	Intro to Zazen	Scobie	Intro to zazen
Feb 11	11am	1pm	2pm	7pm	8pm	2am	90m	Connection: Kamae (psycho-physical posture)	Greene	Fresh Talk (register)
Feb 18	8am	10am	11am	4pm	5pm	11pm	60m	Connection: Wholeheartedness	Ryan	49-day discussion
Feb 24	5:30am	7:30am	8:30am	1:30pm	2:30pm	8:30pm	45m	Hara Development	Kushner	US daily zazen
Feb 25	8am	10am	11am	4pm	5pm	11pm	60m	Connection: No-mind, Present-mind	Scobie	49-day discussion
Mar 2	5am	7am	8am	1pm	2pm	8pm	5hr	March Zazen — <i>for those sitting regularly & hoping to join keishin</i>	Student- led	Mar zazen
Mar 3	8am	10am	11am	4pm	5pm	11pm	90m	Intro to Zazen	Pittelli	Intro to zazen
Mar 10	8am	10am	11am	3pm	4pm	10pm	60m	Connection: Hara, the Core that Connects	Kushner	49-day discussion
Mar 17	7am	9am	10am	2pm	3pm	9pm	60m	Connection: Ease and Joy	Robins	49-day discussion
Mar 21-24	12pm	2pm	3pm	7pm	8pm	2am	4d	Spring Keishin (after the 49-days) — <i>for those who can sit 45 min & sit regularly</i>	Ryan	Spring Keishin

PT= Pacific Time, CT= Central Time, ET= Eastern Time, GMT= Greenwich Mean Time, CET= Central European Time, ICT= Indochina Time