

Zazenkai Schedule for U.S. Time

Two Zoom links are needed:

Register for [Daily Zazen](#)

Register for [Zazenkai](#)

Saturday, February 3, 2023 (all times are CST)

AM	7:00	Zazen – open to public online (Daily Zazen link)
	7:30	Okyo – open to public online (Daily Zazen link)
	8:15	Opening tea/Introductions & Instructions (bring tea) (Zazenkai link)
	8:30	Zazen
	9:00	Warm-up, stretching
	9:30	Zazen
	10:15	Physical Training
	11:15	Zazen
PM	12:00	Closing tea

Zazenkai Schedule for European Time

Two Zoom links are needed:

Register for [Daily Zazen](#)

Register for [Zazenkai](#)

Saturday, February 3, 2023 (all times are CET)

PM	2:00	Zazen – open to public online (Daily Zazen link)
	2:30	Okyo – open to public online (Daily Zazen link)
	3:15	Opening tea/Introductions & Instructions (bring tea) (Zazenkai link)
	3:30	Zazen
	4:00	Warm-up, stretching
	4:30	Zazen
	5:15	Physical Training
	6:15	Zazen
	7:00	Closing tea

Zazenkai Schedule for Asian Time

Two Zoom links are needed:

Register for [Daily Zazen](#)

Register for [Zazenkai](#)

Saturday, February 3, 2023 - Sunday, February 4, 2023

(all times are ICT, +2 hours for Japan)

PM	8:00	Zazen – open to public online (Daily Zazen link)
	8:30	Okyo – open to public online (Daily Zazen link)
	9:15	Opening tea/Introductions & Instructions (bring tea) (Zazenkai link)
	9:30	Zazen
	10:00	Warm-up, stretching
	10:30	Zazen
	11:15	Physical Training
AM	12:15	Zazen
	1:00	Closing tea