

Zazenkai Schedule for U.S. Time

Two Zoom links are needed:

Register for [Daily Zazen](#)

Register for [Zazenkai](#)

Saturday, September 9, 2023 (all times are CDT)

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 Break – breakfast, clean up (30 min offline)

9:00 Warm-up, stretching

9:30 Zazen

10:15 Physical Training

11:15 Zazen

PM 12:00 Lunch and samu/training on own (2 hrs, offline), examples: ● Simple samu project (e.g., working outside, house cleaning, organizing storage, preparing food)

- Fine Art/hobby (e.g., shodo practice, musical instrument practice, writing/poetry, craft, woodworking)
- Be prepared to share your experience with the group

2:00 Group check-in

2:15 Zazen

3:00 Physical Training

4:00 Zazen (Jiki's discretion)

5:00 Bath and dinner (45 minutes offline)

5:45 Zazen (Jiki's discretion)

7:00 Closing tea

Zazenkai Schedule for European Time

Two Zoom links are needed:

Register for [Daily Zazen](#)

Register for [Zazenkai](#)

Saturday, September 9, 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 Break – lunch/snack, clean up (30 min offline)

4:00 Warm-up, stretching

4:30 Zazen

5:15 Physical Training

6:15 Zazen

7:00 Lunch and samu/training on own (2 hrs, offline), examples:

- Simple samu project (e.g., working outside, house cleaning, organizing storage, preparing food)
- Fine Art/hobby (e.g., shodo practice, musical instrument practice, writing/poetry, craft, woodworking)
- Be prepared to share your experience with the group

9:00 Group check in

9:15 Zazen

10:00 Physical Training

11:00 Zazen (Jiki's discretion)

AM 12:00 Bath (45 minutes offline)

12:45 Zazen (Jiki's discretion)

2:00 Closing tea

Zazenkai Schedule for Asian Time

Two Zoom links are needed:

Register for [Daily Zazen](#)

Register for [Zazenkai](#)

Saturday, September 9, 2023 - Sunday, September 10, 2023

(all times are Malaysia time, +1 hour 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 Break – snack, clean up (30 min offline)

10:00 Warm-up, stretching

10:30 Zazen

11:15 Physical Training

AM 12:15 Zazen

1:00 Break and samu/training on own (2 hrs, offline), examples:

- Simple samu project (e.g., working outside, house cleaning, organizing storage, preparing food)
- Fine Art/hobby (e.g., shodo practice, musical instrument practice, writing/poetry, craft, woodworking)
- Be prepared to share your experience with the group

3:00 Group check-in

3:15 Zazen

4:00 Physical Training

5:00 Zazen (Jiki's discretion)

6:00 Bath and dinner (45 minutes offline)

6:45 Zazen (Jiki's discretion)

8:00 Closing tea