



# VERMONT ZEN CENTER SECOND QUARTER 2019

**SITTINGS: Monday—Friday 6-7 am | Tuesday & Thursday 6:45-8:30 pm | Sunday 9-11 am**

APRIL

| SUNDAY                         | MONDAY                                  | TUESDAY                            | WEDNESDAY  | THURSDAY                            | FRIDAY | SATURDAY        |
|--------------------------------|---|------------------------------------|------------|-------------------------------------|--------|-----------------|
|                                | 1 FINDING YOUR SEAT<br>Tai Chi 5        | 2 TEMPLE NIGHT                     | 3 Metta 4  | 4 TEMPLE NIGHT                      | 5      | 6 Jukai Workday |
| 7 JUKAI<br>                    | 8 ZC Closed<br>Roshi in CR<br>Tai Chi 6 | CR 5-day Training Program (4/9-14) |            |                                     |        | 13              |
| 14 Sesshin Set up              | 15                                      | 16 Sitting & Sesshin Set up        | 17 Metta 6 | 18 Informal Sitting/ Sesshin Set up | 19     | 20              |
| 21                             | 22                                      | 23                                 | 24         | 25                                  | 26     | 27              |
| VERMONT 7-Day Sesshin (4/2-27) |   |                                    |            |                                     |        |                 |
| 28 Zen Center Closed           | 29 Tai Chi I                            | 30 Chanting                        |            |                                     |        |                 |

MAY

|   |                                  |             |                              |                    |    |                                    |
|---|----------------------------------|-------------|------------------------------|--------------------|----|------------------------------------|
|   |                                  |             | 1 Tai Chi 2                  | 2                  | 3  | 4 Workday                          |
| 5 ROSHI KAPLEAU MEMORIAL EXTENDED SITTING | 6 FINDING YOUR SEAT<br>Tai Chi 3 | 7           | 8                            | 9 Sitting & Set up | 10 | 11 WORKSHOP                        |
| 12 TEISHO                                 | 13 Tai Chi 4                     | 14          | 15 Tai Chi 5                 | 16                 | 17 | 18 Vesak Workday                   |
| 19 VESAK<br>                              | 20 Tai Chi 6<br>ZC Closed        | 21          | 22 Garden Intensive Deadline | 23 Chanting        | 24 | 25 Indian Cooking: N. Indian Lunch |
| 26  | 27 Zen Center Closed             | 28 Chanting | 29                           | 30                 | 31 |                                    |

JUNE

|                               |                                    |             |    |                           |    |                                     |
|-------------------------------|------------------------------------|-------------|----|---------------------------|----|-------------------------------------|
|                               |                                    |             |    |                           |    | 1                                   |
| 2 Set up for Garden Intensive | 3 FINDING YOUR SEAT                | 4           | 5  | 6                         | 7  | 8                                   |
| 9 Garden                      | 10 ZC Closed                       | 11          | 12 | 13 Famine Relief Ceremony | 14 | 15 Roshi in CR<br>Tai Chi Intensive |
| 16 Taped Teisho               | 17                                 | 18 Chanting | 19 | 20                        | 21 | 22 Flower Course                    |
| 23 Taped Teisho               | 24                                 | 25          | 26 | 27 Chanting               | 28 | 29                                  |
| 30 ZC Closed                  | COSTA RICA 5-Day Sesshin (6/18-23) |             |    |                           |    |                                     |