

## Zazenkai Schedule for U.S. Time

**Two Zoom links are needed:**

Register for [Daily Zazen](#)

Register for [Zazenkai](#)

**Saturday, October 7, 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	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, October 7, 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, 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: <ul style="list-style-type: none"><li>• Simple samu project (e.g., working outside, house cleaning, organizing storage, preparing food)</li><li>• Fine Art/hobby (e.g., shodo practice, musical instrument practice, writing/poetry, craft, woodworking)</li><li>• Be prepared to share your experience with the group</li></ul>
	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