



ZAZENKAI      no mind zendo

Sunday, February 1, 2026    9 – 16.30

Welcome!  
In the zendo of the Zen Sangha

## SCHEDULE

9.00      zazen

(three periods of sitting with kinhin/ walking inbetween)

11.00      tea / coffee

11.30      zazen & teisho (dharma talk)

13.15      lunch

clean-up, samu, break

14.30      zazen, chanting service, circle

16.30      closing