



## 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