



ZAZENKAI no mind zendo
Sunday, March 8, 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