



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