



VERMONT ZEN CENTER FIRST QUARTER 2019

SITTINGS: Monday through Friday 6-7 am | Tuesday & Thursday 6:45-8:30 pm | Sunday 9-11 am

JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 ZC Closed	2	3 Chanting and Altar take down	4	5
6 TEISHO	7 FINDING YOUR SEAT Tai Chi I	8	9	10 Sitting & Workshop Prep	11	12 WORKSHOP
13 TEISHO	14 Tai Chi 2	15 Chanting	16	17	18	19 Ceremony Workday
20 KANNON CEREMONY	21 ZC Closed Tai Chi 3	22	23	24 Chanting	25	26 Indian Cooking Course: Chaat
27 ANNUAL SANGHA MEETING	28 Tai Chi 4	29	30	31 FAMINE RELIEF CEREMONY		

FEBRUARY

					1 Retreat Deadline	2
3 Roshi in CR Advance Care Presentation	4 FINDING YOUR SEAT Tai Chi 5	5	6	7 Chanting	8	9
COSTA RICA 5-Day Jataka Sesshin (2/4-9)						
10 Sitting & Retreat Prep	11	12 PARINIRVANA CEREMONY	13	14 Sitting & Retreat Prep	15 VERMONT 2-Day Retreat	16
17 ... Retreat	18 ZC Closed	19	20	21 Chanting	22	23
24 Taped Teisho	25 Tai Chi 6	26 Chanting	27	28		
Roshi on break through March 29						

MARCH

					1 ROSHI ON BREAK	2
3 Sangha Entertainment	4 FINDING YOUR SEAT Tai Chi I	5	6	7 Chanting	8	9 Indian Cooking Course: Weekend
ROSHI ON BREAK						
10 Taped Teisho	11 Tai Chi 2	12 Chanting	13 Metta I	14 Sitting & Workshop Prep	15	16 WORKSHOP
ROSHI ON BREAK						
17 Taped Teisho	18 Tai Chi 3	19	20 Metta 2	21	22	23
ROSHI ON BREAK						
24 Taped Teisho 31 Workday	25 Tai Chi 4	26 Chanting	27 Metta 3	28	29	30 Workday for Temple Night Sesshin Deadline
ROSHI ON BREAK						