



VERMONT ZEN CENTER WINTER 2025

SITTINGS: Monday through Friday 6–7 am | Tuesday & Thursday 6:30–8:00 pm | Sunday 9–10:30 am

JANUARY

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|------------------------------|----------------|-----------------------------------|--------------------------|--------|---------------------------|
| | | | 1 ZC Closed | 2 | 3 | 4 |
| 5 Workday: New Year's Takedown | 6 FINDING YOUR SEAT | 7 | 8 | 9 Chanting | 10 | 11 Ceremony Workday |
| 12 KANNON CEREMONY | 13 ZC Closed | 14 Chanting | 15 | 16 Sitting & Setup | 17 | 18 WORKSHOP |
| 19 ANNUAL SANGHA MEETING | 20 Roshi in Costa Rica | 21 | 22–24 Costa Rica 3-Day Sesshin | | | 25 |
| 26 Taped Teisho | 27 | 28 Chanting | 29 | 30 | 31 | |
| | | | 29–31 Roshi on Break | | | |

FEBRUARY

| | | | | | | |
|------------------------------|---------------------------|----------------|----|----------------|-----------------------|--|
| | | | | | | 1 Haiku Course Roshi on Break |
| 2 Taped Teisho | 3 FINDING YOUR SEAT | 4 | 5 | 6 Chanting | 7 Retreat Deadline | 8 |
| 2–8 Roshi on Break | | | | | | |
| 9 PARINIRVANA CEREMONY | 10 | 11 | 12 | 13 | 14 | 15 |
| 10–15 Roshi on Break | | | | | | |
| 16 Retreat Set Up | 17 | 18 Chanting | 19 | 20 | 21 | 22 VT 2-Day Retreat... |
| 17–20 Roshi on Break | | | | | | |
| 23 Retreat | 24 ZC Closed | 25 | 26 | 27 Chanting | 28 | |
| 24–27 Roshi on Break | | | | | | |

MARCH

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|--|--|---------------------------------|---------------|-----------------------------------|----|---------------------------------------|
| | | | | | | 1 |
| 2 Sangha Entertainment | 3 FINDING YOUR SEAT Roshi in CR | 4 Chanting | 5 | 6 | 7 | 8 |
| 3–8 Costa Rica 4-Day Training Program | | | | | | |
| 9 Taped Teisho | 10 | 11 | 12 Metta 1 | 13 | 14 | 15 Indian Cooking Course: Chaat |
| 16 Teisho | 17 | 18 FAMINE RELIEF CEREMONY | 19 Metta 2 | 20 Sitting & Setup | 21 | 22 WORKSHOP |
| 23 Teisho | 24 | 25 | 26 Metta 3 | 27 Workday for Temple Night | 28 | 29 Sesshin Deadline Workday |
| 30 Workday for | 31 | | | | | |