



VERMONT ZEN CENTER SPRING QUARTER 2023

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

APRIL

MAY

JUNE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					April Sesshin Deadline	1 Temple Night Workday
2 Temple Night Workday	3 FINDING YOUR SEAT	4 Temple Night	5 Metta 6	6 Temple Night	7	8 Jukai Workday
9 JUKAI 	10 Zen Center Closed	11	12	13 Chanting	14	15
16 Sesshin Set up	17	18	19	20 Sesshin Work Evening	21	22
23	24	25	26	27	28	29
Vermont 7-Day Sesshin						
30 Zen Center Closed						
	1 FINDING YOUR SEAT	2 Chanting	3	4	5	6 Ceremony Workday
7 ROSHI KAPLEAU MEMORIAL ALL-DAY SITTING	8 Zen Center Closed	9	10	11 Sitting & Set up	12	13 Workshop
14 Teisho	15	16	17	18 Famine Relief Ceremony	19	20 Indian Cooking Course Lunch
21 Teisho	22	23 Chanting	24	25	26 Vesak Workday	27 Vesak Workday
28 VESAK 	29 Zen Center Closed	30	31			
				1 Chanting	2	3
4 Weekend Set up	5 FINDING YOUR SEAT	6 Work Period	7 Costa Rica	8	9	10 Garden Work Weekend
11 Garden	12 Zen Center Closed	13	14	15 Chanting	16	17 Haiku Course
18 Jorge Quiros Memorial	19	20 Chanting	21	22	23	24 Flower Course
25 Teisho	26	27	28	29 Chanting	30	