



May Sit 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>8:30–10:10AM Zazen and Service</p> <p>10:30AM May Sit Opening Wesak Celebration</p>	<p>2</p> <p>5:30–7:30AM Zazen and Service</p> <p>7PM <i>Chinese Calligraphy</i> Sokyo Swallow</p>	<p>3</p> <p>5:30–7:30AM Zazen and Service</p> <p>7PM <i>Insight Dialogue</i> Anita Bermont</p>	<p>4</p> <p>5:30–7:30AM Zazen and Service</p> <p>7PM <i>Yoga</i> Nina Pileggi</p>	<p>5</p> <p>5:30–7:30AM Zazen and Service</p> <p>7PM <i>Instructions to the Cook</i> Shin'yu</p>	<p>6</p> <p>5:30–7:30AM Zazen and Service</p> <p>7PM <i>Mountains and Rivers</i> Bukkai</p>	<p>7</p> <p>5:30–7:30AM Zazen and Service</p> <p>11AM-12 <i>All Ages Meditation</i> Carrie and Shintai</p> <p>1-3PM <i>Introduction to Zen Meditation</i></p>
<p>8</p> <p>8:30–10:10AM Zazen and Service</p> <p>10:30AM <i>Buddha Nature: Tathagata-garbha</i> Larry Christenson</p> <p>1–3PM <i>Saga Goryu Ikebana</i> David KOmeiji</p>	<p>9</p> <p>5:30–7:30AM Zazen and Service</p> <p>7PM <i>Dharma Talk</i> Mark Lancaster</p>	<p>10</p> <p>5:30–7:30AM Zazen and Service</p> <p>7PM <i>The Zen of Sewing</i> Genko</p>	<p>11</p> <p>5:30–7:30AM Zazen and Service</p> <p>7PM <i>Spiritual Poetry and Music</i> Erin Luthy</p>	<p>12</p> <p>5:30–7:30AM Zazen and Service</p> <p>7PM <i>Written Dharma</i> Jyoshin</p>	<p>13</p> <p>5:30–7:30AM Zazen and Service</p> <p>7PM Sakula</p>	<p>14</p> <p>5:30–7:30AM Zazen and Service</p> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> <p>1PM–5PM Heart's Aspiration Hogen</p> </div>
<p>15</p> <p>8:30–10:10AM Zazen and Service</p> <p>10:30AM <i>Dharma Talk</i> Kakumyo</p> <p>12noon <i>Kyudo</i> Robert Archer</p>	<p>16</p> <p>5:30–7:30AM Zazen and Service</p> <p>7PM <i>No Self and the Wounded Self: Zen and Psychotherapy</i> — Seido</p>	<p>17</p> <p>5:30–7:30AM Zazen and Service</p> <p>7PM <i>The Three Poisons</i> Shintai</p>	<p>18</p> <p>5:30–7:30AM Zazen and Service</p> <p>7PM <i>Troubleshooting Meditation</i> Panel: Jiko, Kakumyo, Gyoshi</p>	<p>19</p> <p>5:30–7:30AM Zazen and Service</p> <p>7PM <i>Starting a Practice Workshop</i></p>	<p>20</p> <p>5:30–7:30AM Zazen and Service</p> <p>7PM <i>Dharma Talk</i> Fa Thai</p>	<p>21</p> <p>5:30–7:30AM Zazen and Service</p> <p>10AM <i>Compassion Meditation: How-To's and Other Inspirations</i> Jacqueline Mandel</p>
<p>22</p> <p>8:30–10:10AM Zazen and Service</p> <p>10:30AM <i>Dharma Talk</i> Gyokuko</p> <p>1PM <i>The Way of Tea</i> Diana Keishin Salton</p>	<p>23</p> <p>5:30–7:30AM Zazen and Service</p> <p>7PM <i>Absorb World Sound</i> Jogen</p>	<p>24</p> <p>5:30–7:30AM Zazen and Service</p> <p>7PM <i>Meditation Conversations</i> Nelly Kaufer</p>	<p>25</p> <p>5:30–7:30AM Zazen and Service</p> <p>7PM <i>Ending the War with Self</i> Domyo</p>	<p>26</p> <p>5:30–7:30AM Zazen and Service</p> <p>7PM <i>Workshop: "Mothers, Sisters, Daughters"</i> Jiko</p>	<p>27</p> <p>5:30–7:30AM Zazen and Service</p> <p>6PM <i>Family-Friendly Event</i> Ko'in and Gabe Fields</p> <p>6:30PM <i>Seeing into Japanese Gardens</i> Gemmon</p>	<p>28</p> <p>5:30–7:30AM Zazen and Service</p> <p>9AM <i>Practice with Edges</i> Gyoshi</p>
<p>29</p> <p>8:30–10:10AM Zazen and Service</p> <p>10:30AM <i>Dharma Talk</i> Ejo</p> <p>3pm <i>Activity</i> Ejo</p>	<p>30</p> <p>5:30–7:30AM Zazen and Service</p> <p>7PM <i>Dharma Talk This Dream Life</i> Seido</p>	<p>31</p> <p>5:30–7:30AM Zazen and Service</p> <p>7PM <i>Troubleshooting Mindfulness</i> Gabe, Yoan, Gyokuko</p>	<p>The Sodo is open for sitting each day from 5:30am to 9:30pm, except Sundays, which begin at 8:30am. Evenings end with formal tea served at ~9pm. All events free (donations always gratefully received) except meals, which have a nominal fee.</p> <p>Please check in with guestmaster for orientation when entering for the first time.</p> <p>Events and times subject to change. Please check online Schedule for further information and updates. (This information complete as of April 29, 2016.)</p>			

