

Ocean Zendo

Beginners Welcomed

All sitting and discussions are open to the public.
Please be on time, and if late enter quietly.

~ Schedule ~

• *Weekly*

Monday

5:00 pm - 6:10 pm Zazen (sitting meditation)
6:10 pm - 7:00 pm Shared reading and discussion

Wednesday

8:00 am - 8:40 am Zazen (sitting meditation)

Saturday

8:00 am - 8:30 am Zen Service
8:30 am - 9:00 am Zazen (sitting meditation)
9:00 am - 10:00 am Council and group discussion

• *Monthly*

Zazenkai: A monthly full day meditation retreat.
Date added to calendar each month.

• *Yearly*

Sesshin: Annual 5 day retreat.
Dates and schedule to be announced.



