



VERMONT ZEN CENTER SPRING 2026

SITTINGS: Monday–Friday 6-7 am | Monday 6:30-7:15 pm | Tuesday & Thursday 6:30-8:00 pm | Sunday 9-11

APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Metta 4	2 Temple Night	3	4 Workday
5 JUKAI	6 FINDING YOUR SEAT ZC Closed	7	8 Metta 5	9 Chanting	10	11 Haiku Course
12 Sitting & Sesshin Set up	13	14 Sitting & Sesshin Set up	15 Metta 6	16 Sitting & Sesshin Set up	17	18 Sesshin
19	20	21	22	23	24	25
7-Day Sesshin (4/18-25)						
26 Zen Center Closed	27	28 Chanting	29	30		

MAY

					1	2 Workday
3 Roshi Kapleau Memorial All-Day Sitting	4 FINDING YOUR SEAT ZC Closed	5	6	7 Sitting & Set up	8	9 Workshop
10 Teisho Herbal Course	11	12 Famine Relief Ceremony	13	14	15	16 Indian Cooking Course: Lunch
17 Sitting & Set up	18	19	20	21	22	23
Sangha Garden Work Weekend						
24 Gardening	25 Zen Center Closed	26 Chanting	27	28	29 Vesak Workday	30 Vesak Workday
31 VESAK						

JUNE

	1 FINDING YOUR SEAT ZC Closed	2 Chanting	3	4	5	6 Workday
7 Workday	8 Workday	9 Workday	10	11	12	13
American Zen Teachers Conference						
14 AZTA	15 Zen Center Closed	16	17	18 Chanting	19	20 Flower Course
ROSHI ON BREAK THROUGH 7/22						
21 Taped Teisho	22	23 Chanting	24	25	26	27 Gardening Course
ROSHI ON BREAK THROUGH 7/22						
28	29	30				
Zen Center Closed for Summer Break						