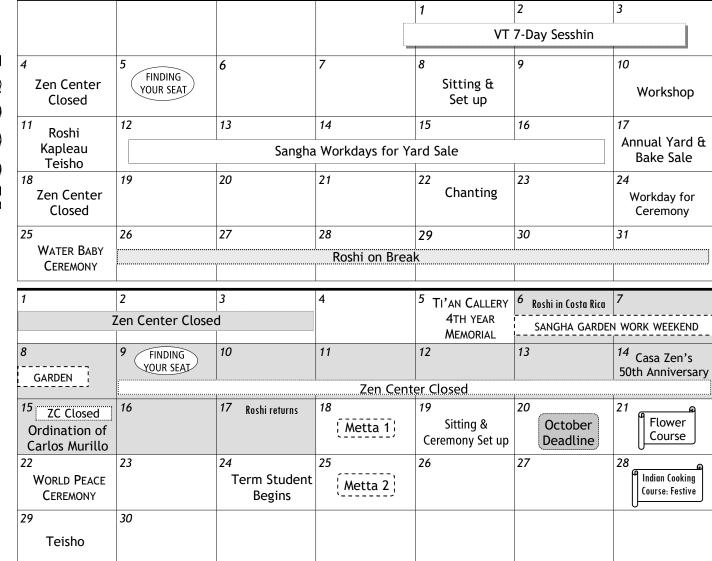
Vermont Zen Center Third Quarter 2024

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
Zen Center Closed						Sesshin Deadline
7 Sangha Picnic	8 FINDING YOUR SEAT	9	10	¹¹ Famine Relief Ceremony	12	13 Haiku Course
14 Teisho	15 Chanting	16	17	18	19	20 Indian Cooking Course: Wkend
21	22	23	24	25	26	27
Tra	ining Program at	VZC (Sunday mo	orning—Friday afte	ernoon) AM & PM	Zazen	Sesshin
28	29	30	31			
	VERMONT 7-Day	Sesshin: July 27	– August 3			
			-			



JULY

AUGUST

SEPTEMBER