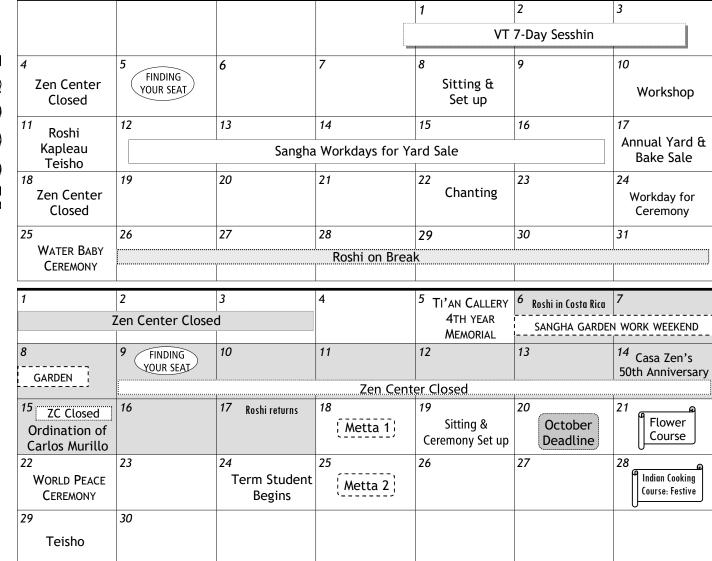
Vermont Zen Center Third Quarter 2024

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