

Zazenkai

A Day of Zen Sitting and Dharma Exploration
with Kokyo Henkel via Zoom video

Sunday, July 11
9am-4pm Pacific Time



9am	Zazen
9:40	Kinhin
9:50	Zazen
10:30	Kinhin
10:40	Teisho (experiential talk and group discussion)
~11:40	Lunch
1:00	Zazen
1:40	Kinhin
1:50	Zazen
2:30	Kinhin
2:40	Teisho (experiential talk and group discussion)
~3:40	End

Email or Facebook-message Kokyo by Friday July 9 to participate. Morning-only or afternoon-only is possible (please specify in email), though all-day participation is encouraged. Zoom link will be sent on July 10; if there are less than 10 people registered on July 9, event will not be held. By donation, through kokyohenkel.weebly.com/ homepage.