

# ZALTHO INTERNATIONAL ONLINE PRACTICE OPPORTUNITIES

Last updated 6/29/20

## UNITED STATES

### WEEKLY SITTING MEDITATION AND TALKS WITH CLAUDE ANSHIN THOMAS

<u>Day</u>	<u>Origin</u>	<u>Time</u>	<u>Host</u>	<u>Practice Type</u>	<u>Duration</u>	<u>Zoom Meeting ID</u>
<b>Sunday</b>	Magnolia Zen Center, Mary Esther, FL, USA	11:00a m CST	AnShin and KenShin	Short dharma talk followed by questions and responses	60 mins	<a href="https://zoom.us/j/386588978">https://zoom.us/j/386588978</a>
<b>Sunday</b>	Magnolia Zen Center, Mary Esther, FL, USA	6:00 pm CST	AnShin and KenShin	Meeting with veterans and family members	60 mins	<a href="https://zoom.us/j/386588978">https://zoom.us/j/386588978</a>
<b>Thursday</b>	Magnolia Zen Center, Mary Esther, FL, USA	6:00p m CST	AnShin and KenShin	Formal meditation practice: sitting and recitations	40 min	<a href="https://zoom.us/j/386588978">https://zoom.us/j/386588978</a>
<b>Saturday</b>	Magnolia Zen Center, Mary Esther, FL, USA	8:00a m CST	AnShin and KenShin	Formal meditation practice: sitting and recitations	45 min	<a href="https://zoom.us/j/386588978">https://zoom.us/j/386588978</a>

## GERMANY

### DAILY AND WEEKLY PRACTICE PERIODS

<u>Day</u>	<u>Origin</u>	<u>Time</u>	<u>Host</u>	<u>Practice Type</u>	<u>Duration</u>	<u>Zoom Meeting ID</u>
<b>Mornings Mon-Fri</b>	White Light Zendo, Leverkusen, Germany	6:30 CEST	GenRai	Sitting and recitations	30 mins	<a href="https://us02web.zoom.us/j/85495936559?pwd=N2xEU0dqWXZ4VklSS1hEcXZEeHI5QT">https://us02web.zoom.us/j/85495936559?</a> <a href="https://us02web.zoom.us/j/85495936559?pwd=N2xEU0dqWXZ4VklSS1hEcXZEeHI5QT">pwd=N2xEU0dqWXZ4VklSS1hEcXZEeHI5QT</a> <a href="https://us02web.zoom.us/j/85495936559?pwd=N2xEU0dqWXZ4VklSS1hEcXZEeHI5QT">09</a>
<b>Evenings Mon, Tues, Thurs, Fri, and Sat</b>	White Light Zendo, Leverkusen, Germany	21:30 CEST	GenRai	Sitting and recitations	30 mins	

<b>Wednesday evening</b>	White Light Zendo, Leverkusen, Germany	19:30 CEST	GenRai	Formal meditation practice: sitting, walking, sitting, chanting	60 mins	<a href="https://us02web.zoom.us/j/85495936559?pwd=N2xEU0dqWXZ4VklSS1hEcXZEeHI5QT09">https://us02web.zoom.us/j/85495936559? pwd=N2xEU0dqWXZ4VklSS1hEcXZEeHI5QT 09</a>
<b>Saturday morning</b>	White Light Zendo, Leverkusen, Germany	9:00 CEST	GenRai	Formal meditation practice: sitting, walking, sitting, recitations	60 mins	<a href="https://us02web.zoom.us/j/85495936559?pwd=N2xEU0dqWXZ4VklSS1hEcXZEeHI5QT09">https://us02web.zoom.us/j/85495936559? pwd=N2xEU0dqWXZ4VklSS1hEcXZEeHI5QT 09</a>
<b>Sunday morning</b>	White Light Zendo, Leverkusen, Germany	8:00 CEST	GenRai	Sitting and recitations	30 mins	<a href="https://us02web.zoom.us/j/85495936559?pwd=N2xEU0dqWXZ4VklSS1hEcXZEeHI5QT09">https://us02web.zoom.us/j/85495936559? pwd=N2xEU0dqWXZ4VklSS1hEcXZEeHI5QT 09</a>

## ITALY

Day	Origin	Time	Host	Practice Type	Duration	Zoom Meeting ID
<b>Tuesday</b>	Zaltho Italy, Milan, Italy	21:00 CEST	KyoDo	Sitting and reciting		<a href="https://us04web.zoom.us/j/828591493?pwd=a2UyNVhkQk9MaC9xTXFtQytTcTlscz09">https://us04web.zoom.us/j/828591493?pwd=a2UyNVhkQk9MaC9xTXFtQytTcTlscz09</a>
<b>Saturday</b>	Zaltho Italy, Milan, Italy	7:30 CEST	KyoDo	Sitting and reciting		<a href="https://us04web.zoom.us/j/828591493?pwd=a2UyNVhkQk9MaC9xTXFtQytTcTlscz09">https://us04web.zoom.us/j/828591493?pwd=a2UyNVhkQk9MaC9xTXFtQytTcTlscz09</a>

## COLOMBIA

<b>Each morning</b>	Zangha Zaltho Zen , Bogota, Colombia	6:30 am CST	Leila AnGyo	connect through group WhatsApp, listen to a short recording, then sitting	15 mins	<b>text on WhatsApp: 57-315 8460119</b> , 6:25 am brief note on WhatsApp to connect, at the end brief text to say good bye or ask a question
<b>Each evening</b>	Zangha Zaltho Zen , Bogota, Colombia	6:30p m CST	Leila AnGyo	connect through group WhatsApp, listen to a short recording, then sitting	15 mins	<b>text on WhatsApp: 57-315 8460119</b> , 6:25 am brief note on WhatsApp to connect, at the end brief text to say good bye or ask a question

## CHILE

Day	Origin	Time	Host	Practice Type	Duration	Zoom Meeting ID
<b>Mondays</b>	Santiago, Chile	7:00 am Chile 19:30	O'Ryu	sitting meditation	40 min	<a href="https://zoom.us/j/416753146">https://zoom.us/j/416753146</a>
<b>Tuesdays</b>	Santiago, Chile	Chile 7:00 am 19:30	O'Ryu	sitting meditation and recitations	40 min	<a href="https://zoom.us/j/416753146">https://zoom.us/j/416753146</a>
<b>Wednesday</b>	Santiago, Chile	Chile 7:00 am 19:30	O'Ryu	sitting meditation	40 min	<a href="https://zoom.us/j/416753146">https://zoom.us/j/416753146</a>
<b>Thursdays</b>	Santiago, Chile	Chile 7:00 am 19:30	O'Ryu	sitting meditation and recitations	40 min	<a href="https://zoom.us/j/416753146">https://zoom.us/j/416753146</a>
<b>Fridays</b>	Santiago, Chile	Chile	O'Ryu	sitting meditation		<a href="https://zoom.us/j/416753146">https://zoom.us/j/416753146</a>