

ZALTHO INTERNATIONAL ONLINE PRACTICE OPPORTUNITIES

Last updated 3/7/21

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>
Sunday	Magnolia Zen Center, Mary Esther, FL, USA	11:00 am CST	AnShin and KenShin	Short dharma talk followed by questions and responses	60 mins	https://us02web.zoom.us/j/386588978?pwd=aWQvQnNMM29Lc0o5WDZuZW5LZnJBUT09
Sunday	Magnolia Zen Center, Mary Esther, FL, USA	6:00 pm CST	AnShin and KenShin	Meeting with veterans and family members	60 mins	https://us02web.zoom.us/j/386588978?pwd=aWQvQnNMM29Lc0o5WDZuZW5LZnJBUT09
Thursday	Magnolia Zen Center, Mary Esther, FL, USA	6:00 pm CST	AnShin and KenShin	Formal meditation practice: sitting and recitations (please be ready five minutes before)	40 min	https://us02web.zoom.us/j/386588978?pwd=aWQvQnNMM29Lc0o5WDZuZW5LZnJBUT09
Saturday	Magnolia Zen Center, Mary Esther, FL, USA	8:00 am CST	AnShin and KenShin	Formal meditation practice: sitting and recitations (please be ready five minutes before)	45 min	https://us02web.zoom.us/j/386588978?pwd=aWQvQnNMM29Lc0o5WDZuZW5LZnJBUT09

GERMANY

<u>Day</u>	<u>Origin</u>	<u>Time</u>	<u>Host</u>	<u>Practice Type</u>	<u>Duration</u>	<u>Zoom Meeting ID</u>
Mornings Mon-Fri	White Light Zendo, Leverkusen, Germany	8:00 CEST	GenRai	Sitting and recitations	30 mins	https://us02web.zoom.us/j/85495936559?pwd=N2xEU0dqWXZ4VklSS1hEcXZEeHI5QT09#success
Evenings Mon - Sat	White Light Zendo, Leverkusen, Germany	19:30 CEST	GenRai	Sitting and recitations	30 mins	https://us02web.zoom.us/j/85495936559?pwd=N2xEU0dqWXZ4VklSS1hEcXZEeHI5QT09#success
Wednesday evening	White Light Zendo, Leverkusen, Germany	19:30 CEST	GenRai	Formal meditation practice: sitting, walking, sitting, chanting	60 mins	https://us02web.zoom.us/j/85495936559?pwd=N2xEU0dqWXZ4VklSS1hEcXZEeHI5QT09#success

Saturday morning	White Light Zendo, Leverkusen, Germany	9:00 CEST	GenRai	Formal meditation practice: sitting, walking, sitting, recitations	60 mins	https://us02web.zoom.us/j/85495936559?pwd=N2xEU0dqWXZ4VkISS1hEcXZEeHI5QT09#success
Sunday morning	White Light Zendo, Leverkusen, Germany	8:00 CEST	GenRai	Sitting and recitations	30 mins	https://us02web.zoom.us/j/85495936559?pwd=N2xEU0dqWXZ4VkISS1hEcXZEeHI5QT09#success

ITALY

Day	Origin	Time	Host	Practice Type	Duration	Zoom Meeting ID
Tuesday evenings	Zaltho Italy, Milan, Italy	21:15 CEST	KyoDo	Sitting and reciting		https://us04web.zoom.us/j/828591493?pwd=a2UyNVhkQk9MaC9xTXFtQytTcTlscz09
Saturday mornings	Zaltho Italy, Milan, Italy	7:30 CEST	KyoDo	Sitting and reciting		https://us04web.zoom.us/j/828591493?pwd=a2UyNVhkQk9MaC9xTXFtQytTcTlscz09

COLOMBIA

Each morning, weekdays	Zangha Zaltho Zen , Bogota, Colombia	6:30	Leila AnGyo	connect through group WhatsApp, listen to a short recording, then sitting	20 mins	text on WhatsApp: 57-315 8460119 , 6:25 am brief note on WhatsApp to connect, at the end brief text to say good bye or ask a question
Each morning, Saturdays and Sundays	Zangha Zaltho Zen , Bogota, Colombia	7:30	Leila AnGyo	connect through group WhatsApp, listen to a short recording, then sitting	20 mins	text on WhatsApp: 57-315 8460119 , 7:25 am brief note on WhatsApp to connect, at the end brief text to say good bye or ask a question

Each evening, weekdays, except Tuesdays (zoom)	Zangha Zaltho Zen , Bogota, Colombia	18:30	Leila AnGyo	connect through group WhatsApp, listen to a short recording, then sitting	20 mins	text on WhatsApp: 57-315 8460119 , 18:25 am brief note on WhatsApp to connect, at the end brief text to say good bye or ask a question
Each Tuesday evening on Zoom	Zangha Zaltho Zen , Bogota, Colombia	17:45	Leila AnGyo	meeting for 30 minutes, 6:30 pm sitting meditation	50 mins	https://us02web.zoom.us/j/87614791951

CHILE

Day	Origin	Time	Host	Practice Type	Duration	Zoom Meeting ID
Mondays	Santiago, Chile	21:00	O'Ryu	sitting meditation and recitations	30 min	https://zoom.us/j/416753146
Wednesday	Santiago, Chile	20:00	O'Ryu	sitting meditation; deep listening and mindful speech; dharma talk	30 min	https://zoom.us/j/416753146
Fridays	Santiago, Chile	21:00	O'Ryu	sitting meditation and recitations	30 min	https://zoom.us/j/416753146