

Rochester Zen Center
Summer 2019



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	July 1	2	3	4 CENTER CLOSED August sesshin deadline	5 Decisions after 2:30	6
7 Youth Sunday	8	9	10	11	12	13
-----Roshi away-----						
14	15	16	17	18	19 Posture session with Esther Gokhale	20 Dokusan
21 Teisho & All-day sitting	22	23	24	25	26	27

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28	29	30	31	Aug 1	2	3
July/August 7-Day Sesshin						
4	5	6	7	8	9	10 WORKSHOP
11 Teisho, Youth Sunday, & Sangha mtg.	12	13	14	15	16	17 Annual Picnic
18 Founder's Day (PK teisho); All-day sitting	19	20	21	22	23	24
25	26	27	28	29 Sep sesshin deadline	30 Decisions after 2:30	31
NO FORMAL SITTINGS AT 7 ARNOLD PARK						

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September 1	2 Labor Day	3	4	5 Oct sesshin deadline	6 Decisions after 2:30	2-Day Sesshin
8	9	10	11	12	13	14 Dokusan
15 Youth Sunday	16	17	18	19	20	21 WORKSHOP
22 Teisho; All-day sitting; Sangha mtg.	23	24	25	26	27	28
29	30	October 1	2	3	4	5
September/October 7-Day Sesshin (Amala-sensei)						