

ZALTHO INTERNATIONAL ONLINE PRACTICE OPPORTUNITIES

Last updated 7/1/22

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 morning	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 evening	Magnolia Zen Center, Mary Esther, FL, USA	6:00 pm CST	AnShin and KenShin	Meeting with veterans and family members	60 mins	Meeting ID: 386 588 978 Passcode: 779381
Thursday evening	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	
Saturday morning	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	

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>
Tuesday evenings	Zaltheo Bielefeld Germany	19:30 CEST	MyoZen	Sitting and recitations	30 mins	https://us02web.zoom.us/j/85495936559?pwd=N2xEU0dqWXZ4VklSS1hEcXZEeHI5QT09
Wednesday morning	Zaltheo Bielefeld Germany	8:00 CEST	MyoZen	Sitting and recitations	30 mins	Meeting-ID: 854 9593 6559 Passwort: 089989
Wednesday evening	White Light Zendo, Leverkusen, Germany	19:30 CEST	GenRai	Formal meditation practice: sitting, walking, sitting, chanting	60 mins	

Saturday morning	White Light Zendo, Leverkusen, Germany	9:00 CEST	GenRai	Formal meditation practice: sitting, walking, sitting, recitations	60 mins
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[German Zaltho YouTube Chanel: https://www.youtube.com/channel/UCcuC1fwgvMKAizsnBMAf9Gw](https://www.youtube.com/channel/UCcuC1fwgvMKAizsnBMAf9Gw)

ITALY

Day	Origin	Time	Host	Practice Type	Duration	Zoom Meeting ID
Tuesday evening	Zaltho Italy	21:15 CEST	KyoDo	Sitting and reciting	40 min	https://us04web.zoom.us/j/828591493?pwd=a2UyNVhkQk9MaC9xTXFtQytTcTlscz09
Saturday morning	Zaltho Italy	7:30 CEST	KyoDo	Sitting and reciting	40 min	Meeting id: 828 591 493 Passcode: 571054

COLOMBIA

Monday-Friday morning	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
Saturday and Sunday morning	Zangha Zaltho Zen , Bogota, Colombia	7:30	Leila AnGyo	connect through group WhatsApp, listen to a short recording, then sitting	20 mins	
Monday, Wednesday, Thursday, Friday evening	Zangha Zaltho Zen , Bogota, Colombia	18:30	Leila AnGyo	connect through group WhatsApp, listen to a short recording, then sitting	20 mins	

Passcode: 829315

CHILE

Day	Origin	Time	Host	Practice Type	Duration	Zoom Meeting ID
Monday evening	Santiago, Chile	21:20	O'Ryu	sitting meditation	40 min	https://zoom.us/j/248857380?pwd=VE1FQnhFOS9oZzF2Z2NCMUkwK24xQT09 Meeting #: 248857380 Passcode : respira
Wednesday evening	Santiago, Chile	21:20	O'Ryu	sitting meditation	40 min	
Thursday evening	Santiago, Chile	20:00	O'Ryu	5 minutes sitting meditation and deep listening and mindful speech (spanish)	60 min	
Thursday evening	Santiago, Chile	21:30	O'Ryu	30 minutes sitting meditation	30 min	
Friday evening	Santiago, Chile	21:20	O'Ryu	sitting meditation	40 min	