

# ZALTHO INTERNATIONAL ONLINE PRACTICE OPPORTUNITIES

Last updated 9/7/21

## 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>
<b>Sunday morning</b>	Magnolia Zen Center, Mary Esther, FL, USA	11:00 am CST	AnShin and KenShin	Short dharma talk followed by questions and responses	60 mins	<a href="https://us02web.zoom.us/j/386588978?pwd=aWQvQnNMM29Lc0o5WDZuZW5LZnJBUT09">https://us02web.zoom.us/j/386588978?pwd=aWQvQnNMM29Lc0o5WDZuZW5LZnJBUT09</a>
<b>Sunday evening</b>	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
<b>Thursday evening</b>	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	
<b>Saturday morning</b>	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>
<b>Tuesday evenings</b>	Zaltheo Bielefeld Germany	19:30 CEST	MyoZen	Sitting and recitations	30 mins	<a href="https://us02web.zoom.us/j/85495936559?pwd=N2xEU0dqWXZ4VklSS1hEcXZEeHI5QT09">https://us02web.zoom.us/j/85495936559?pwd=N2xEU0dqWXZ4VklSS1hEcXZEeHI5QT09</a>
<b>Wednesday morning</b>	Zaltheo Bielefeld Germany	8:00 CEST	MyoZen	Sitting and recitations	30 mins	Meeting-ID: 854 9593 6559 Passwort: 089989
<b>Wednesday evening</b>	White Light Zendo, Leverkusen, Germany	19:30 CEST	GenRai	Formal meditation practice: sitting, walking, sitting, chanting	60 mins	

<b>Saturday morning</b>	White Light Zendo, Leverkusen, Germany	9:00 CEST	GenRai	Formal meditation practice: sitting, walking, sitting, recitations	60 mins
-------------------------	--	-----------	--------	--	---------

[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
<b>Tuesday evening</b>	Zaltho Italy	21:15 CEST	KyoDo	Sitting and reciting	40 min	<a href="https://us04web.zoom.us/j/828591493?pwd=a2UyNVhkQk9MaC9xTXFtQytTcTlscz09">https://us04web.zoom.us/j/828591493?pwd=a2UyNVhkQk9MaC9xTXFtQytTcTlscz09</a>
<b>Saturday morning</b>	Zaltho Italy	7:30 CEST	KyoDo	Sitting and reciting	40 min	Meeting id: 828 591 493 Passcode: 571054

## COLOMBIA

<b>Monday-Friday morning</b>	Zangha Zaltho Zen , Bogota, Colombia	6:30	Leila AnGyo	connect through group WhatsApp, listen to a short recording, then sitting	20 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>Saturday and Sunday morning</b>	Zangha Zaltho Zen , Bogota, Colombia	7:30	Leila AnGyo	connect through group WhatsApp, listen to a short recording, then sitting	20 mins	
------------------------------------	--------------------------------------	------	-------------	---	---------	--

<b>Monday, Wednesday, Thursday, Friday evening</b>	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
-----	--------	------	------	---------------	----------	-----------------

<b>Monday morning</b>	vivOzen, Chile	6:30	MuKan and KenKo	sitting meditation and recitations	30 min	<a href="https://us02web.zoom.us/j/9543007770?pwd=YTYwd3ZCSXJTK2E3NmY3S3VYZTAvUT09">https://us02web.zoom.us/j/9543007770?pwd=YTYwd3ZCSXJTK2E3NmY3S3VYZTAvUT09</a> Meeting id: 954 300 7770 Passcode: 0137
<b>Monday evening</b>	Santiago, Chile	21:00	O'Ryu	sitting meditation and recitations	60 min	<a href="https://zoom.us/j/248857380?pwd=VE1FQnhFOS9oZzF2Z2NCMUKwK24xQT09">https://zoom.us/j/248857380?pwd=VE1FQnhFOS9oZzF2Z2NCMUKwK24xQT09</a> Meeting #: 248857380 Passcode : respira
<b>Wednesday morning</b>	vivOzen, Chile	6:30	MuKan and KenKo	sitting meditation and recitations	30 min	<a href="https://us02web.zoom.us/j/9543007770?pwd=YTYwd3ZCSXJTK2E3NmY3S3VYZTAvUT09">https://us02web.zoom.us/j/9543007770?pwd=YTYwd3ZCSXJTK2E3NmY3S3VYZTAvUT09</a> Meeting id: 954 300 7770 Passcode: 0137
<b>Wednesday evening</b>	Santiago, Chile	20:00	O'Ryu	sitting meditation; deep listening and mindful speech; dharma talk	90 min	<a href="https://zoom.us/j/248857380?pwd=VE1FQnhFOS9oZzF2Z2NCMUKwK24xQT09">https://zoom.us/j/248857380?pwd=VE1FQnhFOS9oZzF2Z2NCMUKwK24xQT09</a>
<b>Friday evening</b>	Santiago, Chile	21:20	O'Ryu	sitting meditation and recitations	60 min	Meeting #: 248857380 Passcode : respira