

ZALTHO INTERNATIONAL ONLINE PRACTICE OPPORTUNITIES Last updated 4/8/2020

UNITED STATES

CST= Central Standard Time (US)

CEST= Central European Time

WEEKLY SITTING MEDITATION AND TALKS WITH CLAUDE ANSHIN THOMAS

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

GERMANY

Day	Origin	Time	Host	Practice Type	Duration	Zoom Meeting ID or YouTube Link
Mo-Fr/Sun morning	White Light Zendo	6:30/8:30 CEST	GenRai	Sitting and rrecitation	30 mins	https://us02web.zoom.us/j/85495936559?pwd=N2xEU0dqWXZ4VkI5SS1hEcXZEeHI5QT09
Sa. Each evening except	White Light Zendo	9:00 CEST		Sit/Walk/Sit, recitation Sitting and reciting of the Gatha of Attonement and sitting, walking, sitting, chanting	60 mins 30 mins	https://us02web.zoom.us/j/85495936559?pwd=N2xEU0dqWXZ4VkI5SS1hEcXZEeHI5QT09
Wednesday	White Light Zendo,	19:30 CEST	GenRai	chanting	60 mins	https://us02web.zoom.us/j/85495936559?pwd=N2xEU0dqWXZ4VkI5SS1hEcXZEeHI5QT09

Saturday	White Light Zendo	9:00 CEST	GenRai	sitting, walking, sitting, chanting	60 mins	https://us02web.zoom.us/j/85495936559?pwd=N2xEU0dqWXZ4VklSS1hEcXZEeHI5QT09
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ITALY

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

COLOMBIA

Day	Origin	Time	Host	Practice Type	Duration	Zoom Meeting ID or YouTube Link
Each morning	Zangha Zaltho Zen , Bogota, Colombia	6:30am CST	Leila AnGyo	connect through group WhatsApp, listen to a short recording, then sitting	15 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 evening	Zangha Zaltho Zen , Bogota, Colombia	6:30pm CST	Leila AnGyo	connect through group WhatsApp, listen to a short recording, then sitting	15 mins	text on WhatsApp: 57-315 8460119 , 6:25 pm brief note on WhatsApp to connect, at the end brief text to say good bye or ask a question

CHILE

[Recitation book here](#)

Day	Origin	Time	Host	Practice Type	Duration	Zoom Meeting ID or YouTube Link
Mondays	Santiago, Chile	7:00 am Chile	O'Ryu	sitting meditation	40 min	https://zoom.us/j/416753146
Tuesdays	Santiago, Chile	19:30 Chile	O'Ryu	sitting meditation and recitations	40 min	https://zoom.us/j/248857380
Wednesdays	Santiago, Chile	7:00 am Chile	O'Ryu	sitting meditation	40 min	https://zoom.us/j/416753146

Thursdays	Santiago, Chile	19:30 Chile	O'Ryu	sitting meditation and recitations	40 min	https://zoom.us/j/248857380
Fridays	Santiago, Chile	7:00 am Chile	O'Ryu	sitting meditation	40 min	https://zoom.us/j/416753146