



**TORONTO ZEN CENTRE**  
**33 HIGH PARK GARDENS**  
 TORONTO, ON M6R 1S8

**SPRING SCHEDULE**

Mon – Fri . . . 6–7:15 am; Sun . . . 9 – 11:45 am  
 Tues & Thurs . . . 7:00 pm – 8:30 pm

**Dokusan Is Offered Weekly Tues AM & Thurs PM**

**April 2019**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Mar 31 TZC Jukai	1 <i>no am sitting</i> Yoga 7-8 pm	2 <i>am dokusan</i>	3	4 pm dokusan & house setup	5 am Work– Period	6 <b>Workshop</b>
7 VT Jukai	8  Yoga 7-8 pm	9 <i>am dokusan</i>  pm chanting	10	11 <i>am dokusan</i> <i>pm - no sitting</i> <b>7:15 pm- Action</b> <b>re:Environment</b>	12 am sitting <i>will proceed</i>	13
14	15 Yoga 7-8 pm	16 <i>am dokusan</i> pm chanting	17	18 pm dokusan	19	20 <b>VT-7 day</b>
21 <i>taped teisho</i>	22 <i>FYS 7-8 pm</i> Yoga 7-8 pm	23	24	25	26	27
<b>Vermont 7-Day Sesshin 04/20 – 04/27 Application deadline – March 29</b>						
28 <i>taped teisho</i>	29 Yoga 7-8 pm	30 <i>am dokusan</i>				

**May 2019**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 <i>metta course 1</i>	2 pm dokusan	3	4
5 <i>All-day 8am</i> <b>Roshi Kapleau</b> <b>Memorial Sit.</b>	6 <i>no am sitting</i> Yoga 7-8 pm	7 <i>am dokusan</i> pm chanting	8 <i>Yd sale prep</i> <b>metta course 2</b>	9 <i>Yd sale prep</i> pm dokusan	10 <i>Yard Sale</i> <i>Preparations</i>	11 <b>SPRING</b> <b>YARD SALE</b>
12 <b>TZC closed</b> <i>Mother's Day</i>	13	14 <i>am dokusan</i> pm chanting	15 <b>metta course 3</b>	16 pm dokusan + <b>Famine Relief</b>	17	18
19 <b>TZC closed</b> <b>VT VESAK</b>	20 <i>Victoria</i> <i>Day (holiday)</i>	21 <i>am dokusan</i> pm chanting	22 <b>metta course 4</b>	23 pm dokusan+ workshop set-up	24 <i>am workpd.</i> <i>Ses. Deadline</i>	25 <b>Workshop</b>
26 Teisho	27 <i>Finding Your</i> <i>Seat 7-8 pm</i>	28 <i>am dokusan</i>	29 <b>metta course 5</b>	30 pm dokusan	31 <i>work period</i> <i>ceremony setup</i>	

**June 2019**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Note: If you plan to attend <b>private instruction</b> , let the monitor of the sitting know you wish to do so.						1 <i>work period</i> <i>ceremony setup</i>
2 <b>TZC</b> <b>VESAK</b>	3 <i>no am sitting</i>	4 <i>am dokusan</i> pm chanting	5 <b>metta course 6</b>	6 pm dokusan	7	8
9	10	11 <i>am dokusan</i>	12 Sesshin setup	13 <i>am dokusan</i> Sesshin setup	14 Sesshin setup	15 <b>5-Day Work Sesshin</b>
16 <i>Father's Day</i>	17	18	19	20 <b>TZC</b> <b>CLOSED</b>	21	22
<b>5-Day Work Sesshin 06/14 – 06/19 Applic. deadline May 24</b>						
23 Teisho	24 <i>Finding Your</i> <i>Seat 7-8 pm</i>	25 <i>am dokusan</i>	26	27 pm dokusan	28	29
30	<b>Canada Day: Mon, July 01 – TZC Closed</b>					