



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

**FALL SCHEDULE**

Monday to Friday: **6 am–7:15 am**; Sunday: **9 am–11:45 am**

Tuesdays & Thursdays: **7:00 pm – 8:30 pm**

**Dokusan:** Tuesday AM & Thursday PM (unless otherwise noted)

**October 2019**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Bodhidharma Sesshin Oct 4-09 <i>Toronto Centre for Applied Buddhism - Sat 12, 19 1-5:30 pm</i>		1 am dokusan 7 pm <i>TS Group 2 Inauguration</i>	2 am workperiod 7:00 pm metta course # 3	3 am dokusan  sesshin setup	4 sesshin setup	5 <b>5-Day Sesshin</b>
6	7	<b>5-Day Bodhidharma Sesshin 10/04–10/09 Applic Sept 13</b>			10 <b>TZC CLOSED</b>	11
13 <b>TZC CLOSED</b>	14 <b>Thanksgiving Day</b>	15 am dokusan 7 pm-TS Mtg	16 am workperiod metta course # 4	17 pm dokusan	18 <i>TS Group 1 Pledge deadline</i>	19 AM work-period TCAB 1-5:30
20 <i>Ceremony of Gratitude</i>	21 <i>Finding Your Seat 7-8 pm Yoga 7-8 pm</i>	22 am dokusan 7pm- <i>TS Group 1 Inauguration</i>	23 am workperiod metta course # 5	24 pm dokusan	25	26 9:30am All-Day work period
27 HungryGhost Ceremony	28 <i>Yoga 7-8 pm</i>	29 am dokusan 7 pm-TS Mtg	30 am workperiod metta course # 6	31 pm dokusan		

**November 2019**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TZC Jukai Ceremony - Nov 17 <sup>th</sup> <i>Toronto Centre for Applied Buddhism - Saturdays Nov 2, 9, 16, 23 1pm - 5:30pm</i>					1	2 TCAB 1-5:30
3 Teisho <i>(End of D.S.T.)</i>	4 <i>Yoga 7-8 pm</i>	5 am dokusan 7 pm-TS Mtg	6	7 pm dokusan & work period	8 am work-period	9 <b>TZC Workshop</b> TCAB 1-5:30
10 Taped Teisho <i>VT JUKAI</i>	11 <i>Yoga 7-8 pm</i>	12 am dokusan 7pm-TS Mtg	13	14 pm dokusan <b>Famine Relief Ceremony</b>	15am work-period <i>VT sesshin applic deadline</i>	16 9:30am Work-Period TCAB 1-5:30
17 <b>TZC JUKAI</b>	18 <i>Yoga 7-8 pm</i>	19 am dokusan 7pm <i>End of TS</i>	20	21 <i>Roshi away .....</i>	22 .....	23 TCAB 1-5:30
24 Taped Teisho	25 <i>FYS 7-8 pm Yoga 7-8 pm</i>	26 .....	27 <i>Roshi away .....</i>	28	29 <i>Roshi returns pm</i>	30 TCAB 1-5:30

**December 2019**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Teisho	2	3 am dokusan	4 am workperiod	5 am dokusan <i>Buddha's Enlightenment</i>	6	7 <b>VT 7-day</b>
8 Taped Teisho	9	10	11	12	13	14
<b>Vermont Rohatsu 7-Day Sesshin DEC 07-14 Application deadline November 15</b>						
15 TZC closed	16	17	18 <i>HAPPY....</i>	19 <i>...HOLIDAYS</i>	20	21
22 TZC closed	23 <i>HAPPY....</i>	24 <i>...HOLIDAYS</i>	25 TZC closed	26	27 <i>Temple Cleaning</i>	28 <i>Temple Cleaning</i>
29 <i>Temple Cleaning</i>	30 <i>Temple Cleaning</i>	31 8:00pm NYE Ceremony	<i>January 1, 2020 - TZC Closed</i>			