



TORONTO ZEN CENTRE FIRST QUARTER 2024

SITTINGS: Mondays 7–8 AM | Tuesdays—Fridays 6:00–7:15 AM | Sundays 9–11:00 AM

Tuesdays & Thursdays 6:45–8:30 PM | **Dokusan:** Tuesdays AM, Thursdays PM

JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 New Year's Day	2 ZC Closed	3	4 Workshop Set Up	5 Sesshin Deadline	6 WORKSHOP
7 Teisho	8 FINDING YOUR SEAT	9	10	11	12	13 Ceremony Workday
14 Kannon Ceremony	15 ZC Closed	16	17	18	19	20 TZC 5-Day Sesshin
21	22	23	24	25 ZC Closed	26	27
Toronto 5-Day Sesshin (1/19–24)						
28 Teisho	29	30	31			

FEBRUARY

				1	2	3
4 Parinirvana Ceremony	5 FINDING YOUR SEAT	6	7	8	9	10
Roshi on Pilgrimage						
11	12	13	14	15	16	17
Roshi on Pilgrimage						
18	19 Family Day	20	21	22	23	24
Roshi on Pilgrimage						
25	26	27	28	29 Workshop Set Up		
Roshi on Pilgrimage						

MARCH

					1	2 WORKSHOP
3 Teisho	4 FINDING YOUR SEAT	5	6	7	8 Retreat Deadline	9
10 Workday for Temple Night	11	12 Temple Night	13	14 Temple Night	15	16 Ceremony Workday
17 JUKAI	18 ZC Closed	19	20	21	22	23
Toronto 3-Day Retreat						
24 3-Day Teisho	25 ZC Closed	26	27	28	29	30