



VERMONT ZEN CENTER WINTER 2025

SITTINGS: Monday through Friday 6–7 am | Tuesday & Thursday 6:30–8:00 pm | Sunday 9–10:30 am

JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 ZC Closed	2 ZC Closed	3	4
5 Workday: New Year's Takedown	6 FINDING YOUR SEAT	7	8	9 Chanting	10 Ceremony Workday	11 Ceremony Workday
12 KANNON CEREMONY	13 ZC Closed	14 Chanting	15	16 Sitting & Setup	17	18 WORKSHOP
19 ANNUAL SANGHA MEETING	20 Roshi in Costa Rica	21	22–25 Costa Rica 3-Day Sesshin			25
26 Taped Teisho	27	28 Chanting	29	30	31	
29–31 Roshi on Break						

FEBRUARY

						1 Haiku Course Roshi on Break
2 Taped Teisho	3 FINDING YOUR SEAT	4	5	6 Chanting	7 Retreat Deadline	8
2–8 Roshi on Break						
9 PARINIRVANA CEREMONY	10	11	12	13	14	15
10–15 Roshi on Break						
16 Retreat Set Up	17	18 Chanting	19	20	21	22 VT 2-Day Retreat...
17–20 Roshi on Break						
23 Retreat	24 ZC Closed	25	26	27 Chanting	28	
24–27 Roshi on Break						

MARCH

						1 Roshi on Break
2 Roshi on Break Taped Teisho	3 FINDING YOUR SEAT Roshi in CR	4 Chanting	5	6	7	8
3–8 Costa Rica 4-Day Training Program						
9 Taped Teisho	10	11	12 Metta 1	13	14	15 Indian Cooking Course: Chaat
16 Sangha Entertainment	17	18 FAMINE RELIEF CEREMONY	19 Metta 2	20 Sitting & Setup	21	22 WORKSHOP
23 Teisho	24	25	26 Metta 3	27 Workday for Temple Night	28	29 Sesshin Deadline Workday
30 Workday for Temple Night	31					