

WANDERING OX DOJO: 2024 PROGRAMME - Starting: January 2nd

Daily zazen:

Mornings, **daily** (30 mins): 06:00 UK/ 07:00 CET (US: 22:00 PT/ 0:00 CT)

Evenings, **Sun to Thur only** (30 mins): 20:30 UK/ 21:30 CET (US: 12:30 PT/14:30 CT)

Tuesday evenings:

On Tuesday evenings we'll be alternating between Shodo (calligraphy) sessions and Shakuhachi (Japanese flute) classes at the following times:

Tues evenings: 19:00 UK/ 20:00 CET (US: 11:00 PT/13:00 CT)

Shodo: 1st and 3rd Tuesdays in the month (1 hour).

Shakuhachi: 2nd and 4th Tuesdays in the month (1 hour).

(Having a zazen practice is an important part of both of these practices, therefore, we ask that only students who sit regularly with Wandering Ox/Chosei Zen attend. Shakuhachi is taught by CZ teachers from Hawaii and the US and as such we want to respect their time.)

Saturday Mornings:

Starting from 06:00 UK/ 07:00 CET (US: 22:00 PT/ 0:00 CT) we will be running the following sessions: *(This is a pick-and-mix offering. You don't have to attend all, you can come to whichever works best for you – we just ask that you join Zoom at the appropriate time to avoid disturbing the session in progress)*

06:00 UK/ 07:00 CT: **Zazen (30 mins)**

06:30 UK/ 07:30 CT: **Yoga (45 mins)**

07:15 UK/ 08:15 CT: **Sound training: Vowel sounds/Okyo (30 mins)**

07:45 UK/ 08:45 CT: **Tai Chi (25 mins)**

08:10 UK/ 09:10 CT: **Zazen (20 mins)**

08:30 UK/ 09:30 CT: **Zen Café** (Grab a mug of something and chat about Zen!)