

OzZen Calendar 2025

*All meetings are held in Sono's
[Zoom Room](#)*

- 1. Every Tuesday morning alternating Zazen and Guided Meditation: 7:45am – 8:45am - check-in from 7:45am and commences at 8:00am.*
- 2. Every Friday morning Reading group: 7:45am – 8:45am commences at 7:45am with 15 minutes of Zazen.*
- 3. Every two weeks on a Sunday we alternate between a Zoom meeting and a Sawtell CWA Hall plus Zoom meeting: check-in at 8:45am for 9:00am start finishing at 12:30pm with the Practice Principles.*
- 4. There will also be three one-day retreats held at the Sawtell CWA in March, August and December from 9.00am to 5.00pm.*
- 5. Two residential sesshins (retreats) will be held throughout the year. The first will be held at Yarrawarra, Red Rock, near Coffs Harbour in May. The second will be held in September, at Kalang Hall in Kalang.*

FIRST SEMESTER

TUES	07/01	ZAZEN
FRI	10/01	READING GROUP
TUES	14/01	GUIDED MEDITATION (SONO)
FRI	17/01	READING GROUP
SUN	19/01	HALF-DAY ZAZENKAI (ZOOM ONLY)
TUES	21/01	ZAZEN

FRI	24/01	READING GROUP
TUES	28/01	GUIDED MEDITATION (DOSHO)
FRO	31/01	READING GROUP
SUN	02/02	HALF-DAY ZAZENKAI CWA (PHIL)
TUES	04/02	ZAZEN
FRI	07/02	READING GROUP
TUES	11/02	GUIDED MEDITATION (SHINSHO)
FRI	14/02	READING GROUP
SUN	16/02	HALF-DAY ZAZENKAI (ZOOM ONLY)
TUES	18/02	ZAZEN
FRI	21/02	READING GROUP
TUES	25/02	GUIDED MEDITATION (ELISABETH)
FRI	28/02	READING GROUP
SUN	02/03	FULL DAY RETREAT SAWTELL CWA (JACK)
TUES	04/03	ZAZEN
FRI	07/03	READING GROUP
TUES	11/03	GUIDED MEDITATION (GENKAI)
FRI	14/03	READING GROUP
SUN	16/03	HALF-DAY ZAZENKAI (ZOOM ONLY) AND AGM
TUES	18/03	ZAZEN
FRI	21/03	READING GROUP
TUES	25/03	GUIDED MEDITATION (ENO)
FRI	28/03	READING GROUP
SUN	30/03	HALF-DAY ZAZENKAI CWA (LOUISE)
TUES	01/04	ZAZEN

FRI	04/04	READING GROUP
TUES	08/04	GUIDED MEDITATION (SONO)
FRI	11/04	READING GROUP
SUN	13/04	HALF-DAY ZAZENKAI (ZOOM ONLY)
TUES	15/04	ZAZEN
FRI	18/04	EASTER HOLIDAYS
TUES	22/04	GUIDED MEDITATION (DOSHO)
FRI	25/04	READING GROUP
SUN	27/04	HALF-DAY ZAZENKAI CWA (LARRY)
TUES	29/04	ZAZEN
FRI	02/05	READING GROUP
TUES	06/05	GUIDED MEDITATION (SHINSHO)
FRIDAY	09/05	READING GROUP
SUNDAY	11/05	HALF-DAY ZAZENKAI (ZOOM ONLY)
TUES	13/05	ZAZEN
WEDS	14/05	YARRAWARRA RESIDENTIAL RETREAT
THURS	15/05	YARRAWARRA
FRI	16/05	YARRAWARRA
SAT	17/05	YARRAWARRA
SUN	18/05	YARRAWARRA
TUES	20/05	GUIDED MEDITATION (ELISABETH)
FRI	23/05	READING GROUP
SUN	25/05	HALF-DAY ZAZENKAI CWA (RYAN)
TUES	27/05	ZAZEN
FRI	30/05	READING GROUP

TUES	03/06	GUIDED MEDITATION (GENKAI)
FRI	06/06	READING GROUP
SUN	08/06	HALF-DAY ZAZENKAI (ZOOM ONLY)

END OF FIRST SEMESTER BREAK

SECOND SEMESTER

TUES	24/06	ZAZEN
FRI	27/06	READING GROUP
TUES	01/07	GUIDED MEDITATION (ENO)
FRI	04/07	READING GROUP
SUN	06/07	HALF-DAY ZAZENKAI CWA (LOUISE)
TUES	08/07	ZAZEN
FRI	11/07	READING GROUP
TUES	15/07	GUIDED MEDITATION (SONO)
FRI	18/07	READING GROUP
SUN	20/07	HALF-DAY ZAZENKAI (ZOOM ONLY)
TUES	22/07	ZAZEN
FRI	25/07	READING GROUP
TUES	29/07	GUIDED MEDITATION (DOSHO)
FRI	01/08	READING GROUP
SUN	03/08	FULL-DAY RETREAT SAWTELL CWA (JACK)
TUES	05/08	ZAZEN
FRI	08/08	READING GROUP

TUES	12/08	GUIDED MEDITATION (SHINSHO)
FRI	15/08	READING GROUP
SUN	17/08	HALF-DAY ZAZENKAI (ZOOM ONLY)
TUES	19/08	ZAZEN
FRI	22/08	READING GROUP
TUES	26/08	GUIDED MEDITATION (ELISABETH)
FRI	29/08	READING GROUP
SUN	31/08	HALF-DAY ZAZENKAI CWA (LARRY)
TUES	02/09	ZAZEN
FRI	05/09	READING GROUP
TUES	09/09	GUIDED MEDITATION (GENKAI)
FRI	12/09	READING GROUP
SUN	14/09	HALF-DAY ZAZENKAI (ZOOM ONLY)
TUES	16/09	ZAZEN
FRI	19/09	READING GROUP
TUES	23/09	GUIDED MEDITATION (ENO)
FRI	26/09	READING GROUP
SUN	28/09	FULL DAY RETREAT SAWTELL CWA (LOUISE)
TUES	30/09	ZAZEN
FRI	03/10	READING GROUP
TUES	07/10	GUIDED MEDITATION (SONO)
FRI	10/10	READING GROUP
SUN	12/10	HALF-DAY ZAZENKAI CWA (PHIL)
TUES	14/10	ZAZEN
FRI	17/10	READING GROUP

TUES	21/10	GUIDED MEDITATION (DOSHO)
FRI	24/10	READING GROUP
SUN	26/10	HALF-DAY ZAZENKAI (ZOOM ONLY)
TUES	28/10	ZAZEN
FRI	31/10	READING GROUP
TUES	04/11	GUIDED MEDITATION (SHINSHO)
FRI	07/11	READING GROUP
SUN	09/11	HALF-DAY ZAZENKAI CWA (LARRY)
TUES	11/11	ZAZEN
FRI	14/11	READING GROUP
TUES	18/11	GUIDED MEDITATION (ELISABETH)
FRI	21/11	READING GROUP
SUN	23/11	HALF-DAY ZAZENKAI (ZOOM ONLY)
TUES	25/11	ZAZEN
FRI	28/11	READING GROUP
TUES	02/12	GUIDED MEDITATION (GENKAI)
FRI	05/12	READING GROUP
SAT	06/12	FULL DAY RETREAT SAWTELL CWA (SONO)
SUN	07/12	ROHATSU DAWN SITTING SAWTELL HEADLAND
SUN	07/12	HALF-DAY ZAZENKAI (ZOOM/SAWTELL CWA)
		FOLLOWED BY END OF YEAR PARTY
TUES	09/12	ZAZEN
FRI	12/12	READING GROUP

