

## LONDON JIZO ZEN CENTRE Zazenkai Sits, from September 2021

**LOCATION: The Meditatio Centre, St Marks Church, Myddleton Square, London EC1R 1XX**

*8 minute walk (south) from Islington underground. Enter via side door on the right.*

The upstairs room in Meditatio, where we sit, is large, with good space for social-distancing.

**ALL ZAZENKAI (SITS) ARE ON TUESDAYS. The 1st and 3rd sits of each month are long sits.**

Members are welcome to join at any time.

### Schedule for autumn 2021

August: no sits

September 7	Long sit: 2 pm - 7.45 pm, with the Teacher, Sandy Chubb
September 14	Short sit: 5.45 pm -7.45 pm
September 21	Long sit: 2 pm - 7.45 pm, with the Teacher, Sandy Chubb
September 28	Short sit: 5.45 pm -7.45 pm
October 5	Long sit: 2 pm - 7.45 pm, with the Teacher, Sandy Chubb
October 12	Short sit: 5.45 pm -7.45 pm
October 19	Long sit: 2 pm - 7.45 pm, with the Teacher, Sandy Chubb
October 26	Short sit: 5.45 pm -7.45 pm
November 2	Long sit: 2 pm - 7.45 pm, with the Teacher, Sandy Chubb
November 9	Short sit: 5.45 pm -7.45 pm
November 16	Long sit: 2 pm - 7.45 pm, with the Teacher, Sandy Chubb
November 23	Short sit: 5.45 pm -7.45 pm
November 30	Short sit: 5.45 pm -7.45 pm
December 7	Long sit: 2 pm - 7.45 pm, with the Teacher, Sandy Chubb
December 14	Short sit: 5.45 pm -7.45 pm
December 21	Long sit: 2 pm - 7.45 pm, with the Teacher, Sandy Chubb
No sits between Christmas and New Year	
January 4	Long sit: 2 pm - 7.45 pm, with the Teacher, Sandy Chubb

**MEDITATION IN LONDON** Contact: Mark Hudson – mark@londonjizozencentre.org Sits takes place on Tuesdays at The Meditatio Centre, St Marks Church, Myddleton Square, Islington, London EC1R 1XX. See London Jizo Zen Centre website: londonjizozencentre.org for details. Evening sits are from 5.45 pm to 7.45 pm. Long sits in Meditatio are led by Zen Teacher Sandy Chubb from 2pm to 7.45pm, with tea at 3.30pm- 4pm and shared supper at 5 pm followed by 5.45-7.45 pm evening sits.

**MEDITATION IN OXFORD** takes place on Thursdays at 12 Mortimer Drive, Old Marston, and Oxford.OX3 ORR Contact: Jason Doble – oxfordzen@google.mail.com Evening Sits are from 6.30 to 8.30 pm. Afternoon Sits are from 2.00pm to 5pm (bring supper to share) tea: 3.30pm-4pm supper: 5pm-6pm followed by normal 6.30pm sits.

The London Jizo Zen Centre is one of the two locations of the Oxford Zen Centre, which is part of the international Sanbo Zen community.

<https://londonjizozencentre.org/>

<https://oxfordzencentre.org.uk/>

<https://sanbo-zen-international.org/>