

## **Online Offerings at Great Tree**

**Great Tree offers daily and weekly activities  
online via Zoom.**

Sign in to join us any time on Zoom. Use the ID number:

<https://zoom.us/j/5232119427?pd=NVFNTk9WaVZpWk0ycUlvZkNyTTVvZz0>

### **Weekly:**

#### **Tuesday, Wednesday and Thursday Early Morning Zazen/Meditation**

Zazen 6:00 am – 6:40 am

Kinhin 6:40 am – 6:50 am

Zazen 6:50 am – 7:30 am

Morning Service – 7:30 am Tuesday Afternoons:

**Tea With Teijo** Tuesdays 3:30 pm

**Calming the Body and Mind: Tonglen Practice** Thursdays 9:30 am – 10:00 am

#### **Thursday Evening Zazen**

Zazen 6:00 pm – 6:40 pm

Kinhin 6:40 pm – 6:50 pm

Zazen 6:50 pm – 7:30 pm

#### **Saturday Morning Zazen**

Zazen 6:00 am – 6:40 am

Kinhin 6:40 a – 6:50 am

Zazen 6:50 a – 7:30 am

**Zazen, Lecture/Discussion** 9:30 am – 11:30 am

**Sunday Evenings with the Charlotte Zen Meditation Society**

6:45 pm-9:00 pm , Zazen & discussion

### **Monthly:**

**Sunday Sangha Lecture & Discussion** 3<sup>rd</sup> Sunday of the month , 10:30 am – 12:00 pm

April 19, May 17, June 21, July 19, September 20, October 18, November 15, December 20

**Family Meditation** 10:30 am – 12:00 pm:

March 29, April 26, May 31, June 28, July 26, September 27, October 25, November 29