ZALTHO INTERNATIONAL ONLINE PRACTICE OPPORTUNITIES					Last updated	8/7/25
UNITED STATES						
WEEKLY SITTING MEDITATION AND TALKS WITH CLAUDE ANSHIN THOMAS						
Day	**Origin**	**Time**	**Host**	**Practice Type**	**Duration**	**Zoom Meeting ID**
Sunday morning	Magnolia Zen Center, Mary Esther, FL, USA	11:00 am CST	AnShin and KenShin	Short dharma talk followed by questions and responses	60 mins	https://us02web.zoom.us/j/386588978?pwd=aWQvQnNMM29Lc0o5WDZuZW5LZnJBUT09
Sunday evening	Magnolia Zen Center, Mary Esther, FL, USA	6:00 pm CST	AnShin and KenShin	Meeting with veterans and family members	60 mins	Meeting ID: 386 588 978 Passcode: 779381
Thursday evening	Magnolia Zen Center, Mary Esther, FL, USA	6:00 pm CST	AnShin and KenShin	Formal meditation practice: introducation, sitting and recitations (please be ready five minutes	60 min	
Saturday morning	Magnolia Zen Center, Mary Esther, FL, USA	8:00 am CST	AnShin and KenShin	Formal meditation practice: introduction, sitting and recitations (please be ready five minutes before)	60 min	
GERMANY						
Day	**Origin**	**Time**	**Host**	**Practice Type**	**Duration**	**Zoom Meeting ID**
Tuesday evenings	Zaltho Sangha e.V. Germany	19:30 CEST	TaiDo	Sitting and recitations	30 mins	https://us02web.zoom.us/j/85495936559?pwd=N2xEU0dqWXZ4VklSS1hEcXZEeHI5QT09
Wednesday morning	Zaltho Sangha e.V. Germany	8:00 CEST	MyoZen	Sitting and recitations	30 mins	Meeting-ID: 854 9593 6559 Passwort: 089989

Wednesday evening	White Light Zendo, Leverkusen, Germany	19:30 CEST	GenRai	Formal meditation practice: sitting, walking, sitting, chanting	60 mins	
Saturday morning	Villa Wuppermann, Leverkusen, Germany	9:00 CEST	GenRai	Formal meditation practice: sitting, walking, sitting, recitations	60 mins	
German Zaltho YouTube Chanel: https://www.youtube.com/channel/UCcuC1fwgvMKAizsnBMaF9Gw						
ITALY						
Day	**Origin**	**Time**	**Host**	**Practice Type**	**Duration**	**Zoom Meeting ID**
Thursday evenning	Zaltho Italy	21:00	KyoDo	Sitting and reciting	40 min	https://us04web.zoom.us/j/828591493?pwd=a2UyNVhkQk9MaC9xTXFtQytTcTlsdz09
						Meeting id: 828 591 493 Passcode: 571054
COLOMBIA						
Monday-Friday morning	Zangha Zaltho Zen , Bogota, Colombia	7:00	Leila AnGyo	connect 5 minutes before through group-WhatsApp, hello and silent sitting	30 mins	**text on WhatsApp: 57-315 8460119**, 6:55 am brief note on WhatsApp to connect, at the end brief text to say good bye or ask a question
Saturday and Sunday morning	Zangha Zaltho Zen , Bogota, Colombia	7:30	Leila AnGyo	connect connect 5 minutes before through group-WhatsApp, hello and silent sitting	30 mins	
Monday-Sunday , evening	Zangha Zaltho Zen , Bogota, Colombia	18:30	Leila AnGyo	connect connect 5 minutes before through group-WhatsApp, hello and silent sitting	30 0mins	

CHILE						
Day	**Origin**	Time	**Host**	**Practice Type**	**Duration**	**Zoom Meeting ID**
Monday, Wednesday, Friday evening	Santiago, Chile	21:20	O'Ryu	sitting meditation	40 min, password: respira	https://zoom.us/j/248857380?pwd=VE1FQnhFOS9oZzF2Z2NCMUkwK24xQT09
Wednesday morning	Santiago, Chile	6:00	O'Ryu	sitting meditation	40 min, password: respira	Please connect 5 minutes before practice, and an activated camera during practice is strongly recommended (although not compulsory).





