

## Oxford and London Sangha Schedule 2026

### **JANUARY**

6<sup>th</sup> – 11<sup>th</sup> Winter Sesshin at The Carmelite Priory, Boar's Hill, Oxford

**13<sup>th</sup> Sandy: Meditatio London 2pm-7.45pm + Online**

15<sup>th</sup> Sitting and samu Oxford 6.30pm-8.30pm (Jikijitsu: Aamir)

**20<sup>th</sup> short sit, Meditatio, London: 5.45-7.45 pm. *Introduction to Zen sitting for newcomers from 5 pm.***

22<sup>nd</sup> Sitting Oxford 6.30pm-8.30pm (Jikijitsu: Cressida)

**27<sup>th</sup> Sandy Meditatio London 2pm-7.45pm**

29<sup>th</sup> Sitting in Oxford 6.30pm-8.30pm – Peter and Giles *Introduction to Zen sitting for newcomers from 5.30 pm.*  
(Jikijitsu: Ed)

### **FEBRUARY**

**3<sup>rd</sup> Sandy: Meditatio London 2pm-7.45pm + Online**

**5<sup>th</sup> Sitting and Samu Oxford 6.30pm-8.30pm (Jikijitsu: David)**

**10<sup>th</sup> short sit in Meditatio, London. *Introduction to Zen sitting for newcomers from 5 pm.***

12<sup>th</sup> Sitting Oxford 6.30pm-8.30pm (Jikijitsu: Ria)

**16<sup>th</sup>-20<sup>th</sup> Orientation Sesshin at St Cassians Centre, Berks.**

17<sup>th</sup> No London sit tonight.

19<sup>th</sup> No Oxford sit tonight.

**24<sup>th</sup> Sandy: Meditatio London 2pm-7.45pm**

26<sup>th</sup> Sitting Oxford 6.30pm-8.30pm Peter and Giles *Introduction to Zen sitting for newcomers from 5.30 pm.*  
(Jikijitsu: John)

**28<sup>th</sup> Saturday Zazen kai London Meditatio 10am-4-pm**

### **MARCH**

**3<sup>rd</sup> Sandy: Meditatio London 2pm-7.45pm + Online**

5<sup>th</sup> Sitting and Samu Oxford 6.30pm - 8.30pm (Jikijitsu: Reg)

**10<sup>th</sup> short sit, Meditatio, London: 5.45-7.45 pm. *Introduction to Zen sitting for newcomers from 5 pm.***

12<sup>th</sup> Sitting, Oxford. 6.30pm-8.30pm (Jikijitsu: Pete)

**17<sup>th</sup> Sandy: Meditatio London 2:00pm – 7.45pm**

**19<sup>th</sup> Sitting Oxford 6.30pm-8.30pm + Online (Jikijitsu: Jules)**

**24<sup>th</sup> short sit, Meditatio, London: 5.45-7.45 pm**

**27<sup>th</sup> Sitting Oxford 6.30pm – 8.30pm Giles/Peter *Introduction to Zen sitting for newcomers from 5.30 pm.***  
(Jikijitsu: Sam)

**31<sup>st</sup> short sit, Meditatio, London: 5.45-7.45 pm**

### **APRIL**

2<sup>nd</sup> April Sitting and Samu Oxford 6.30pm - 8.30pm (Jikijitsu: Ed)

**7<sup>th</sup> Sandy: Meditatio London 2pm-7.45pm + Online**

9<sup>th</sup> April Sitting Oxford 6.30pm - 8.30pm (Jikijitsu: Selina)

**11<sup>th</sup> Saturday Koan Practice Day Meditatio London**

**14<sup>th</sup> short sit, Meditatio, London: 5.45-7.45 pm. *Introduction to Zen sitting for newcomers from 5 pm.***

**16<sup>th</sup> Sitting Oxford + Online 6.30pm – 8.30pm (Jikijitsu: Aamir)**

**21<sup>st</sup> Sandy: Meditatio London 2pm-7.45pm**

**23<sup>rd</sup> Sitting Oxford 6.30pm-8.30pm (Jikijitsu: Cressida)**

**28<sup>th</sup> short sit, Meditatio, London: 5.45-7.45 pm**

**30<sup>th</sup> Sitting Oxford 6.30pm-8.30pm Giles/Peter *Introduction to Zen sitting for newcomers from 5.30 pm.* (Jikijitsu: Jules)**

### **MAY**

**5<sup>th</sup> Sandy: Meditatio London 2pm-7.45pm + Online**

**7<sup>th</sup>** Sitting and Samu Oxford 6.30pm-8.30pm (Jikijitsu: David)

**12<sup>th</sup>** short sit, Meditatio, London: 5.45-7.45 pm. *Introduction to Zen sitting for newcomers from 5 pm.*

**14<sup>th</sup>** Sitting Oxford 6.30-8.30pm (Jikijitsu: Ria)

**19<sup>th</sup>** Sandy: Meditatio London, 2pm-7.45pm

**21<sup>st</sup>** Sitting Oxford + **Online** 6.30pm – 8.30pm (Jikijitsu: Ria)

**26<sup>th</sup>** short sit, Meditatio, London: 5.45-7.45 pm

**28<sup>th</sup>** Sitting Oxford 6.30pm-8.30pm Giles/Peter *Introduction to Zen sitting for newcomers from 5.30 pm.* (Jikijitsu: Ed)

## **JUNE**

**2<sup>nd</sup>** Sandy: Meditatio London 2pm-7.45pm + **Online**

**4<sup>th</sup>** Sitting and Samu Oxford 6.30pm-8.30pm (Jikijitsu: John)

**9<sup>th</sup>** short sit, Meditatio, London: 5.45-7.45 pm. *Introduction to Zen sitting for newcomers from 5 pm.*

**11<sup>th</sup>** Sitting Oxford 6.30pm-8.30pm (Jikijitsu: Jules)

**16<sup>th</sup>** Sandy at Meditatio London, 2pm-7.45pm

**18<sup>th</sup>** Sitting Oxford 6.30pm-8.30pm + **Online** (Jikijitsu: Pete)

**23<sup>rd</sup>** short sit, Meditatio, London: 5.45-7.45 pm

**25<sup>th</sup> June: AGM and Trustee Meeting – followed by the Garden Party at The Oxford Zendo**

**30<sup>th</sup>** short sit, Meditatio, London: 5.45-7.45 pm

## **JULY**

**2<sup>nd</sup>** Sitting and Samu Oxford 6.30pm-8.30pm (Jikijitsu: Reg)

**7<sup>th</sup>** Sandy: Meditatio London 2pm-7.45pm + **Online**

**9<sup>th</sup>** Sitting Oxford 6.30pm-8.30pm (Jikijitsu: Aamir)

**14<sup>th</sup>** short sit, Meditatio, London: 5.45-7.45 pm. *Introduction to Zen sitting for newcomers from 5 pm.*

**16<sup>th</sup>** Sitting Oxford 6.30pm-8.30pm + **Online** (Jikijitsu: Selina)

**21<sup>st</sup>-26<sup>th</sup> July Summer Sesshin St Mary's Convent, Wantage.**

**28<sup>th</sup>** Sandy: Meditatio London 2pm-7.45pm + **Online**

**30<sup>th</sup>** Sitting Oxford Giles and Peter 6.30pm-8.30pm *Introduction to Zen sitting for newcomers from 5.30 pm.* (Jikijitsu: Sam)

## **AUGUST BREAK**

## **SEPTEMBER**

**1<sup>st</sup>** Sandy: Meditatio London 2pm-7.45pm + **Online**

**3<sup>rd</sup>** Sitting and Samu Oxford 6.30pm-8.30pm (Jikijitsu: Cressida)

**8<sup>th</sup>** short sit, Meditatio, London: 5.45-7.45 pm. *Introduction to Zen sitting for newcomers from 5 pm.*

**10<sup>th</sup>** Sitting Oxford 6.30pm-8.30pm (Jikijitsu: David)

**15<sup>th</sup>** Sandy: Meditatio London 2pm-7.45pm

**17<sup>th</sup>** Sitting Oxford 6.30pm-8.30pm (Jikijitsu: Ria)

**19<sup>th</sup> Saturday Zazenkaï 10pm-4pm Oxford**

**22<sup>nd</sup>** short sit, Meditatio, London: 5.45-7.45 pm

**24<sup>th</sup>** Sitting 6.30pm-8.30pm Giles/Peter *Introduction to Zen sitting for newcomers from 5.30 pm.* (Jikijitsu: Ria)

**29<sup>th</sup>** short sit, Meditatio, London: 5.45-7.45 pm

## **OCTOBER**

**1<sup>st</sup>** Sitting and Samu Oxford 6.30pm-8.30pm (Jikijitsu: Ed)

*[6<sup>th</sup>: no sit in Meditatio due to Autumn sesshin in Oxford Zendo]*

**6<sup>th</sup>-9<sup>th</sup> October Autumn Sesshin Oxford Zendo**

**13<sup>th</sup>** Sandy: Meditatio London 2pm-7.45pm + **Online**

**15<sup>th</sup>** Sitting Oxford 6.30pm-8.30pm + **Online** (Jikijitsu: John)

**20<sup>th</sup>** short sit, Meditatio, London: 5.45-7.45 pm. *Introduction to Zen sitting for newcomers from 5 pm.*

**22<sup>nd</sup>** Sitting Oxford 6.30-8.30pm (Jikijitsu: Jules)

**27<sup>th</sup>** Sandy at Meditatio London 2pm-7.45pm

**29<sup>th</sup>** Sitting Oxford 6.30pm-8.30pm Giles and Peter *Introduction to Zen sitting for newcomers from 5.30 pm.*  
(Jikijitsu: Reg)

## NOVEMBER

**3<sup>rd</sup>** short sit, Meditatio, London: 5.45-7.45. *Introduction to Zen sitting for newcomers from 5 pm.*

**5<sup>th</sup>** Sitting and Samu Oxford 6.30pm-8.30pm (Jikijitsu: Pete)

**10<sup>th</sup>** Sandy: Meditatio London 2pm-7.45pm + **Online**

**12<sup>th</sup>** Sitting Oxford 6.30pm-8.30pm (Jikijitsu: Sam)

**17<sup>th</sup>** Sandy: Meditatio London 2pm-7.45pm

**19<sup>th</sup>** Sitting Oxford 6.30pm-8.30pm + **Online** (Jikijitsu: Selina)

**24<sup>th</sup>** short sit, Meditatio, London: 5.45-7.45 pm

**26<sup>th</sup>** Sitting Oxford 6.30pm-8.30pm Peter and Giles *Introduction to Zen sitting for newcomers from 5.30 pm.*  
(Jikijitsu: Aamir)

**28<sup>th</sup>** Saturday Nov Koan Practice Day Oxford Zendo

## DECEMBER

**1<sup>st</sup>** Sandy: Meditatio London 2pm-7.45pm + **Online**

**3<sup>rd</sup>** Sitting and Samu Oxford 6.30pm-8.30pm (Jikijitsu: Cressida)

**4<sup>th</sup>** Dec YAZA: **Buddha's enlightenment: Overnight Sitting starts: 8pm, Oxford**

**8<sup>th</sup>** short sit, Meditatio, London: 5.45-7.45 pm. *Introduction to Zen sitting for newcomers from 5 pm.*

**10<sup>th</sup>** Sitting Oxford 6.30pm-8.30pm (Jikijitsu: David)

**15<sup>th</sup>** Sandy: Meditatio London 2pm-5.30pm followed by Xmas supper

**17<sup>th</sup>** Sitting Oxford 6.30pm-8.30pm + **Online** (Jikijitsu: Ria)

## Christmas Break

**We resume sitting in 2027: January Tuesday 5<sup>th</sup> London and Thursday January 7<sup>th</sup> Oxford**

Evening Zazenkais are **online** on most 1st Tuesdays and 3rd Thursdays of each month (except August).

MEDITATION IN OXFORD: Thursdays 6.30pm-8.30pm at The Oxford Zendo. Contact: Jason Doble –  
oxfordzen@googlemail.com

MEDITATION IN LONDON: Tuesdays from 5.45pm-7.45pm with Assistant Zen Teacher Meg Vaughan-Fowler and Assistant Teacher Mark Hudson. From 2pm-7.45pm on the 1st and 3rd weeks sitting with Zen Teacher Sandy Chubb at **The Meditatio Centre, St Marks Church, Myddelton Square, Islington, London EC1R 1XX**. Afternoon sits include Tea break at 3.30-4 pm and shared supper at 5-5.45 pm. The usual evening sits resume then at 5.45pm. Contact: Mark Hudson – mark@londonjizozencentre.org Schedule: londonjizozencentre.org

JIKIJITSUS: If you have taken part in a Shoken ceremony you are invited to contribute to Zazenkais as a Jikijitsu. Please find cover for any date which is not convenient. Jikijitsus are not expected to do afternoon sits, unless they wish. Please volunteer for training via Mark Hudson (Jizo London) email: mark@londonjizozencentre.org or David Blowers (Oxford) email: david.blowers@gmail.com

SESSHINS - The Winter Sesshin 6<sup>th</sup>-11<sup>th</sup> January will be held at The Carmelite Priory, Boars Hill, Oxford. OX1 5HB. The Orientation Sesshin to induct new sitters will be held on 16<sup>th</sup>-20<sup>th</sup> February at St Cassians Retreat Centre, Wallingtons Road, Kintbury, Hungerford RG17 9SR. The Summer Sesshin 21<sup>st</sup>-26<sup>th</sup> July at St Mary's Convent, Denchworth Road, Wantage, POX12 9AU. The Autumn Sesshin will take place at the Oxford Zendo OX3 0RR from 6<sup>th</sup>-9<sup>th</sup> at the Oxford Zendo. To apply for a retreat please contact Ed Rowe edrowe0@gmail.com, after you receive an invitation which is sent out a month in advance.

YAZA – the overnight sit to celebrate The Buddha’s enlightenment – is on 4<sup>th</sup>-5<sup>th</sup> Dec: 8pm-4.30am at The Oxford Zendo - followed by breakfast.

TRUSTEES MEETINGS are open to all Sangha members. The AGM & Summer Trustee Meeting is on Thursday 25<sup>th</sup> June followed by a Garden Party for all sitters and their families, at our Oxford Zendo. If you would like to raise an issue for discussion at the meeting please contact the Chair David Blowers (david.blowers@gmail.com) at least 4 weeks in advance.

2026 KOAN STUDY DAYS 10am-4pm: Saturday 11<sup>th</sup> April, London, & Saturday 28<sup>th</sup> November, Oxford.

2025 SATURDAY ZAZENKAIS 28<sup>th</sup> February, London; & 19<sup>th</sup> September, Oxford Zendo.

**Websites: London: [londonjizozencentre.org](http://londonjizozencentre.org)    Oxford: [oxfordzencentre.org.uk](http://oxfordzencentre.org.uk)**