

Oxford and London Sangha Schedule 2026

JANUARY

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

13th Sandy: Meditatio London 2pm-7.45pm + Online

15th Sitting and samu Oxford 6.30pm-8.30pm (Jikijitsu: Aamir)

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

22nd Sitting Oxford 6.30pm-8.30pm (Jikijitsu: Cressida)

27th Sandy Meditatio London 2pm-7.45pm

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

FEBRUARY

3rd Sandy: Meditatio London 2pm-7.45pm + Online

5th Sitting and Samu Oxford 6.30pm-8.30pm (Jikijitsu: David)

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

12th Sitting Oxford 6.30pm-8.30pm (Jikijitsu: Ria)

16th-20th Orientation Sesshin at St Cassians Centre, Berks.

17th No London sit tonight.

19th No Oxford sit tonight.

24th Sandy: Meditatio London 2pm-7.45pm

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

28th Saturday Zazenkaï London Meditatio 10am-4pm

MARCH

3rd Sandy: Meditatio London 2pm-7.45pm + Online

5th Sitting and Samu Oxford 6.30pm - 8.30pm (Jikijitsu: Reg)

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

12th Sitting, Oxford. 6.30pm-8.30pm (Jikijitsu: Pete)

17th Sandy: Meditatio London 2:00pm – 7.45pm

19th Sitting Oxford 6.30pm-8.30pm + Online (Jikijitsu: Jules)

24th short sit, Meditatio, London: 5.45-7.45 pm

26th Sitting Oxford 6.30pm – 8.30pm Giles/Peter *Introduction to Zen sitting for newcomers from 5.30 pm.* (Jikijitsu: Sam)

31st short sit, Meditatio, London: 5.45-7.45 pm

APRIL

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

7th Sandy: Meditatio London 2pm-7.45pm + Online

9th April Sitting Oxford 6.30pm - 8.30pm (Jikijitsu: Selina)

11th Saturday Koan Practice Day Meditatio London

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

16th Sitting Oxford + Online 6.30pm – 8.30pm (Jikijitsu: Aamir)

21st Sandy: Meditatio London 2pm-7.45pm

23rd Sitting Oxford 6.30pm-8.30pm (Jikijitsu: Cressida)

28th short sit, Meditatio, London: 5.45-7.45 pm

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

MAY

5th Sandy: Meditatio London 2pm-7.45pm + Online

7th Sitting and Samu Oxford 6.30pm-8.30pm (Jikijitsu: David)

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

14th Sitting Oxford 6.30-8.30pm (Jikijitsu: Ria)

19th Sandy: Meditatio London, 2pm-7.45pm

21st Sitting Oxford + Online 6.30pm – 8.30pm (Jikijitsu: Ria)

26th short sit, Meditatio, London: 5.45-7.45 pm

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

JUNE

2nd Sandy: Meditatio London 2pm-7.45pm + Online

4th Sitting and Samu Oxford 6.30pm-8.30pm (Jikijitsu: John)

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

11th Sitting Oxford 6.30pm-8.30pm (Jikijitsu: Jules)

16th Sandy at Meditatio London, 2pm-7.45pm

18th Sitting Oxford 6.30pm-8.30pm + Online (Jikijitsu: Pete)

23rd short sit, Meditatio, London: 5.45-7.45 pm

25th Sitting and Samu Oxford 6.30pm-8.30pm (Jikijitsu: Reg)

30th short sit, Meditatio, London: 5.45-7.45 pm

JULY

2nd: AGM and Trustee Meeting – followed by the Garden Party at The Oxford Zendo

7th Sandy: Meditatio London 2pm-7.45pm + Online

9th Sitting Oxford 6.30pm-8.30pm (Jikijitsu: Aamir)

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

16th Sitting Oxford 6.30pm-8.30pm + Online (Jikijitsu: Selina)

21st-26th July Summer Sesshin St Mary's Convent, Wantage.

28th Sandy: Meditatio London 2pm-7.45pm + Online

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

AUGUST BREAK

SEPTEMBER

1st Sandy: Meditatio London 2pm-7.45pm + Online

3rd Sitting and Samu Oxford 6.30pm-8.30pm (Jikijitsu: Cressida)

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

10th Sitting Oxford 6.30pm-8.30pm (Jikijitsu: David)

15th Sandy: Meditatio London 2pm-7.45pm

17th Sitting Oxford 6.30pm-8.30pm (Jikijitsu: Ria)

22nd short sit, Meditatio, London: 5.45-7.45 pm

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

29th short sit, Meditatio, London: 5.45-7.45 pm

OCTOBER

1st Sitting and Samu Oxford 6.30pm-8.30pm (Jikijitsu: Ed)

[6th: no sit in Meditatio due to Autumn sesshin in Oxford Zendo]

6th-9th October Autumn Sesshin Oxford Zendo

13th Sandy: Meditatio London 2pm-7.45pm + Online

15th Sitting Oxford 6.30pm-8.30pm + Online (Jikijitsu: John)

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

22nd Sitting Oxford 6.30-8.30pm (Jikijitsu: Jules)

24th Saturday Zazenkaï 10am-4pm Oxford

27th Sandy at Meditatio London 2pm-7.45pm

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

NOVEMBER

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

5th Sitting and Samu Oxford 6.30pm-8.30pm (Jikijitsu: Pete)

10th Sandy: Meditatio London 2pm-7.45pm **+ Online**

12th Sitting Oxford 6.30pm-8.30pm (Jikijitsu: Sam)

17th Sandy: Meditatio London 2pm-7.45pm

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

24th short sit, Meditatio, London: 5.45-7.45 pm

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

28th Saturday Nov Koan Practice Day Oxford Zendo

DECEMBER

1st Sandy: Meditatio London 2pm-7.45pm **+ Online**

3rd Sitting and Samu Oxford 6.30pm-8.30pm (Jikijitsu: Cressida)

4th Dec YAZA: Buddha's enlightenment: Overnight Sitting starts: 8pm, Oxford

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

10th Sitting Oxford 6.30pm-8.30pm (Jikijitsu: David)

15th Sandy: Meditatio London 2pm-5.30pm followed by Xmas supper

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

Christmas Break

We resume sitting in 2027: January Tuesday 5th London and Thursday January 7th Oxford

Evening Zazenkaï 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. To contact Mark Hudson, or for the schedule, visit londonjizozencentre.org

JIKIJITSUS: If you have taken part in a Shoken ceremony you are invited to contribute to Zazenkaï 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), who can be contacted through londonjizozencentre.org, or David Blowers (Oxford) email: david.blowers@gmail.com

SESSHINS - The Winter Sesshin 6th-11th January will be held at The Carmelite Priory, Boars Hill, Oxford. OX1 5HB. The Orientation Sesshin to induct new sitters will be held on 16th-20th February at St Cassians Retreat Centre, Wallingtons Road, Kintbury, Hungerford RG17 9SR. The Summer Sesshin 21st-26th July at St Mary's Convent, Denchworth Road, Wantage, POX12 9AU. The Autumn Sesshin will take place at the Oxford Zendo OX3 0RR from 6th-9th 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 4th-5th 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 25th 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 11th April, London, & Saturday 28th November, Oxford.

2026 SATURDAY ZAZENKAIS 28th February, London; & 24th October, Oxford Zendo.

Websites: London: londonjizozencentre.org Oxford: oxfordzencentre.org.uk