

# January

2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 (New Year's Day)	2
					Self Meditation	Self Meditation
3	4	5	6	7	8	9
Self Meditation	Self Meditation	Self Meditation	Yokohama Shizen Seminar	Fureai	Nagomi	Self Meditation
10	11 (Coming of Age Day)	12	13	14	15	16
New Year Joint Seminar	Mugen	Self Meditation	Ai-no Hana	Ai-no Hana	Self Meditation	Self Meditation
17	18	19	20	21	22	23
Self Meditation	Nakashibetsu	Nakashibetsu	Nakashibetsu	Self Meditation	Yui Nakijin	Yui Nakijin
24	25	26	27	28	29	30
Ryukyu Do Ai	Ryukyu Do Ai	Nuchinu Ryukyu	Self Meditation	Self Meditation	Self Meditation	Self Meditation
31						
Self Meditation						

# February

2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	Self Meditation	Self Meditation	Self Meditation	Tenshi	Iris	Rindou
7	8	9	10	11 (Foundation Day)	12	13
Mugen	Laurencin	Self Meditation	Hiroshima	Hiroshima	Self Meditation	Yokohama Shizen Seminar
14	15	16	17	18	19	20
Fureai	Nagomi	Self Meditation	Nakashibetsu	Nakashibetsu	Nakashibetsu	Self Meditation
21	22	23	24	25	26	27
Yui Nakijin	Yui Nakijin					
Yui Nakijin	Ryukyu Do Ai	Ryukyu Do Ai	Ryukyu Do Ai	Nuchinu Ryukyu	Nuchinu Ryukyu	Self Meditation
28	29					
Self Meditation	Self Meditation					

# March

2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Nagomi	2 Self Meditation	3 Leaving Japan; Arriving New York	4 New York Seminar	5 New York Seminar
6 New York Seminar	7 Leaving New York	8 Arriving Japan	9 Self Meditation	10 Yokohama Shizen Seminar	11 Lupinus	12 Ai-no Hibiki
13 Self Meditation	14 Nakashibetsu	15 Nakashibetsu	16 Nakashibetsu	17 Self Meditation	18 Yui Nakijin	19 Yui Nakijin
20 (Vernal Equinox Day) Ryukyu Do Ai	21 (Holiday Observed) Ryukyu Do Ai	22 Nuchinu Ryukyu	23 Nuchinu Ryukyu	24 Self Meditation	25 Self Meditation	26 Self Meditation
27 Mugen	28 Fureai	29 Kanazawa Zazen	30 Self Meditation	31 Leaving Japan; Arriving Hong Kong		

# April

2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Hong Kong Seminar	2 Hong Kong Seminar
3 Hong Kong Seminar	4 Leaving Hong Kong	5 Self Meditation	6 Yokohama Shizen Seminar	7 Laurencin	8 Fureai	9 Sawayaka Circle
10 Mugen	11 Self Meditation	12 Leaving for Okinawa	13 Costa Vista	14 Costa Vista	15 Yui Nakijin	16 Yui Nakijin
17 Ryukyu Do Ai	18 Ryukyu Do Ai	19 Nuchinu Ryukyu	20 Nuchinu Ryukyu	21 Self Meditation	22 Self Meditation	23 Self Meditation
24 Self Meditation	25 Nakashibetsu	26 Nakashibetsu	27 Nakashibetsu	28 Self Meditation	29 (Showa Day) Nagomi	30 Self Meditation

# May

2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Self Meditation	2 Lupinus	3 (Constitution Day) Self Meditation	4 (Greenery Day) Self Meditation	5 (Children's Day) Self Meditation	6 Fureai	7 Yokohama Shizen Seminar
8 Mugen	9 Ai-no Hana	10 Ai-no Hana	11 Self Meditation	12 Leaving Japan; Arriving Taiwan	13 Taiwan Seminar	14 Taiwan Seminar
15 Taiwan Seminar	16 Leaving Taiwan; Arriving Japan	17 Self Meditation	18 Nagomi	19 Self Meditation	20 Yui Nakijin	21 Yui Nakijin Ryukyu Do Ai
22 Ryukyu Do Ai	23 Ryukyu Do Ai	24 Nuchinu Ryukyu	25 Nuchinu Ryukyu	26 Self Meditation	27 Self Meditation	28 Self Meditation
29 Self Meditation	30 Nakashibetsu	31 Nakashibetsu				

# June

2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Nakashibetsu	2 Fureai	3 Self Meditation	4 Self Meditation
5 Self Meditation	6 Self Meditation	7 Self Meditation	8 Self Meditation	9 Self Meditation	10 Self Meditation	11 Self Meditation
12 Mugen	13 Nakashibetsu	14 Nakashibetsu	15 Nakashibetsu	16 Self Meditation	17 Yui Nakijin	18 Yui Nakijin Ryukyu Do Ai
19 Ryukyu Do Ai	20 Ryukyu Do Ai	21 Nuchinu Ryukyu	22 Nuchinu Ryukyu	23 Self Meditation	24 Self Meditation	25 Self Meditation
26 Self Meditation	27 Self Meditation	28 Self Meditation	29 Self Meditation	30 Leaving Japan; Arriving Taiwan		