

January

<★Register: Pre-registration required for attendance>

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 (New Year's Day) Sp. Nakijin Seminar	2 Self Meditation	3 Self Meditation	4 Self Meditation	5 Mugen
6 Self Meditation	7 Self Meditation	8 Self Meditation	9 Self Meditation	10 Self Meditation	11 Self Meditation	12 Self Meditation
13 Self Meditation	14 (Coming of Age Day) Self Meditation	15 Self Meditation	16 Fureai	17 Leaving Japan; Arriving HKG	18 ★Register Hong Kong Seminar	19 ★Register Hong Kong Seminar
20 ★Register Hong Kong Seminar	21 Leaving HKG; Arriving Japan	22 Nagomi	23 Yokohama Shizen Seminar	24 Self Meditation	25 Yui Nakijin	26 Yui Nakijin ★Register Ryukyu Do Ai (Costa Vista)
27 ★Register Ryukyu Do Ai (Costa Vista)	28 ★Register Ryukyu Do Ai (Costa Vista)	29 Nuchinu Ryukyu	30 Nuchinu Ryukyu	31 Self Meditation		

February

<★Register: Pre-registration required for attendance>

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Self Meditation	2 Fureai
3 Mugen	4 Self Meditation	5 Nagomi	6 Fureai	7 Self Meditation	8 Self Meditation	9 Nagomi
10 Yokohama Shizen Seminar	11 (Foundation Day) Self Meditation	12 Lupinus	13 Self Meditation	14 Self Meditation	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 Osaka Sora-no-Kai	26 Self Meditation	27 Self Meditation	28 Leaving Japan; Arriving NY		

March

<★Register: Pre-registration required for attendance>

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 ★Register NY Seminar	2 ★Register NY Seminar
3 ★Register NY Seminar	4 Leaving NY	5 Arriving Japan	6 Self Meditation	7 Self Meditation	8 Self Meditation	9 Self Meditation
10 Yokohama Shizen Seminar	11 Nakashibetsu	12 Nakashibetsu	13 Nakashibetsu	14 Self Meditation	15 Yui Nakijin	16 Yui Nakijin Ryukyu Do Ai
17 Ryukyu Do Ai	18 Ryukyu Do Ai	19 Nuchinu Ryukyu	20 Nuchinu Ryukyu	21 (Vernal Equinox Day) Self Meditation	22 Self Meditation	23 Fureai
24 Nagomi	25 Self Meditation	26 Leaving Japan; Arriving BKK	27 ★Register Bangkok Seminar	28 ★Register Bangkok Seminar	29 ★Register Bangkok Seminar	30 Leaving BKK; Arriving Japan
31 Mugen						

April

<★Register: Pre-registration required for attendance>

2019

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

May

<★Register: Pre-registration required for attendance>

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Self Meditation	2 Self Meditation	3 (Constitution Day) Self Meditation	4 (Greenery Day) Self Meditation
5 (Children's Day) Self Meditation	6 (Holiday Observed) Self Meditation	7 Self Meditation	8 Kanazawa Zazen	9 Self Meditation	10 Self Meditation	11 Fureai
12 Yokohama Shizen Seminar	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 Nagomi
26 Mugen	27 Self Meditation	28 Self Meditation	29 Self Meditation	30 Leaving Japan; Arriving Taiwan	31 ★Register Taiwan Seminar	

June

<★Register: Pre-registration required for attendance>

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 ★Register Taiwan Seminar
2 ★Register Taiwan Seminar	3 ★Register (Free) Taiwan Seminar	4 Leaving Taiwan; Arriving Japan	5 Self Meditation	6 Tenchi	7 Self Meditation	8 Fureai
9 Yokohama Shizen Seminar	10 Self Meditation	11 Self Meditation	12 ★Register Path to Peace (Okinawa)	13 ★Register Path to Peace (Okinawa)	14 ★Register Path to Peace (Okinawa)	15 Self Meditation
16 Self Meditation	17 Nakashibetsu	18 Nakashibetsu	19 Nakashibetsu	20 Self Meditation	21 Yui Nakijin	22 Yui Nakijin Ryukyu Do Ai
23 Ryukyu Do Ai	24 Ryukyu Do Ai	25 Nuchinu Ryukyu	26 Nuchinu Ryukyu	27 Self Meditation	28 Self Meditation	29 Nagomi
30 Mugen						

July

<★Register: Pre-registration required for attendance>

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Self Meditation	2 Self Meditation	3 Self Meditation	4 Self Meditation	5 Self Meditation	6 Self Meditation
7 ★Register Kongen-no-Hikari	8 ★Register Kongen-no-Hikari	9 Rindou	10 Self Meditation	11 Nara Ohisama	12 Self Meditation	13 Fureai
14 Yokohama Shizen Seminar	15 (Marine Day) Self Meditation	16 Self Meditation	17 Self Meditation	18 Self Meditation	19 Yui Nakijin	20 Yui Nakijin Ryukyu Do Ai
21 Ryukyu Do Ai	22 Ryukyu Do Ai	23 Nuchinu Ryukyu	24 Nuchinu Ryukyu	25 Self Meditation	26 Self Meditation	27 Nagomi
28 Mugen	29 Self Meditation	30 Self Meditation	31 Self Meditation			

August

<★Register: Pre-registration required for attendance>

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Leaving Japan; Arriving Taiwan	2 ★Register ASK-hosting Taiwan Seminar	3 ★Register ASK-hosting Taiwan Seminar
4 ★Register ASK-hosting Taiwan Seminar	5 Leaving Taiwan; Arriving Japan	6 Self Meditation	7 Self Meditation	8 Fureai	9 Yokohama Shizen Seminar	10 ★Register Ai-no-Hana
11 (Mountain) ★Register Ai-no-Hana	12 (Holiday Observed) Self Meditation	13 Self Meditation	14 Self Meditation	15 Self Meditation	16 Yui Nakijin	17 Yui Nakijin Ryukyu Do Ai (Suisan Kaikan)
18 Ryukyu Do Ai (Suisan Kaikan)	19 Ryukyu Do Ai (Suisan Kaikan)	20 Nuchinu Ryukyu (Suisan Kaikan)	21 Nuchinu Ryukyu (Suisan Kaikan)	22 Self Meditation	23 Self Meditation	24 Self Meditation
25 Mugen	26 Nakashibetsu	27 Nakashibetsu	28 Nakashibetsu	29 Self Meditation	30 Self Meditation	31 Nagomi

Semtember

<★Register: Pre-registration required for attendance>

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Yokohama Shizen Seminar	2 Self Meditation	3 Fukushima Wakutama	4 Self Meditation	5 Self Meditation	6 Leaving Japan; Arriving HKG	7 ★Register Hongkong Seminar
8 ★Register Hongkong Seminar	9 ★Register Hongkong Seminar	10 Leaving HKG; Arriving Japan	11 Self Meditation	12 Self Meditation	13 Self Meditation	14 Self Meditation
15 Nagomi	16 (Respect for Senior Citizens) Fureai	17 Lupinus	18 Self Meditation	19 Self Meditation	20 Yui Nakijin	21 Yui Nakijin Ryukyu Do Ai
22 Ryukyu Do Ai	23 (The Autumnal) Ryukyu Do Ai	24 Nuchinu Ryukyu	25 Nuchinu Ryukyu	26 Self Meditation	27 ★Register Ai-no-Hana	28 ★Register Ai-no-Hana
29 Mugen	30 Self Meditation					

October

<★Register: Pre-registration required for attendance>

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Self Meditation	2 ★Register Sp. Seminar in Okinawa	3 ★Register Sp. Seminar in Okinawa	4 ★Register Sp. Seminar in Okinawa	5 Self Meditation
6 Nakashibetsu	7 Nakashibetsu	8 Nakashibetsu	9 Self Meditation	10 Self Meditation	11 Nagomi	12 Fureai
13 Yokohama Shizen Seminar	14 (Health Sports Day) Self Meditation	15 Iris	16 Self Meditation	17 Self Meditation	18 Yui Nakijin	19 Yui Nakijin Ryukyu Do Ai
20 Ryukyu Do Ai	21 Ryukyu Do Ai	22 ★Register Nuchinu Ryukyu (Costa Vista)	23 ★Register Nuchinu Ryukyu (Costa Vista)	24 Self Meditation	25 Self Meditation	26 Self Meditation
27 Mugen	28 Self Meditation	29 Osaka Sora-no-Kai	30 Self Meditation	31 Leaving Japan; Arriving Taiwan		

November

<★Register: Pre-registration required for attendance>

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 ★Register Taiwan Seminar	2 ★Register Taiwan Seminar
3 (Culture Day) ★Register Taiwan Seminar	4 (Holiday Observed) Leaving Taiwan; Arriving Japan	5 Self Meditation	6 Self Meditation	7 Self Meditation	8 Self Meditation	9 Self Meditation
10 Self Meditation	11 Self Meditation	12 Self Meditation	13 Self Meditation	14 Self Meditation	15 Yui Nakijin	16 Yui Nakijin Ryukyu Do Ai (Suisan Kaikan)
17 Ryukyu Do Ai (Suisan Kaikan)	18 Ryukyu Do Ai (Suisan Kaikan)	19 Nuchinu Ryukyu	20 Nuchinu Ryukyu	21 Self Meditation	22 Self Meditation	23 (Labor Thanksgiving Day) Yokohama Shizen Seminar
24 Mugen	25 Sawayaka Circle	26 Self Meditation	27 ★Register Kongen-no-Hikari	28 ★Register Kongen-no-Hikari	29 Fureai	30 Nagomi

December

<★Register: Pre-registration required for attendance>

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Yokohama Shizen Seminar	2 Nakashibetsu	3 Nakashibetsu	4 Nakashibetsu	5 Self Meditation	6 Leaving JPN; Arriving Hawaii	7 ★Register Hawaii Seminar
8 ★Register Hawaii Seminar	9 ★Register Hawaii Seminar	10 Hawaii	11 Hawaii	12 Leaving Hawaii	13 Arriving Japan	14 Self Meditation
15 Mugen	16 Fureai	17 Self Meditation	18 Self Meditation	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 Nagomi
29 Self Meditation	30 ★Register Sp. Nakijin Seminar	31 ★Register Sp. Nakijin Seminar				