

# January

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 (New Year's Day) Self Meditation
2 Self Meditation	3 Self Meditation	4 Self Meditation	5 Self Meditation	6 Self Meditation	7 Self Meditation	8 Ryukyu Do Ai
9 Ryukyu Do Ai	10 (Coming of Age Day) Ryukyu Do Ai	11 Ryukyu Do Ai	12 Ryukyu Do Ai	13 Self Meditation	14 Self Meditation	15 Fureai
16 Yokohama Shizen Seminar	17 Self Meditation	18 Self Meditation	19 Nakashibetsu	20 Nakashibetsu	21 Nakashibetsu	22 Nagomi
23 Self Meditation	24 Self Meditation	25 Path to Peace (Ryukyu)	26 Path to Peace (Ryukyu)	27 Path to Peace (Ryukyu)	28 Self Meditation	29 Self Meditation
30 Mugen	31 Self Meditation					

\*Seminars in this month basically require pre-registration. Check the official website ([uezu.net/uezu-en](http://uezu.net/uezu-en)) for details.

# February

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Path to Peace (Ryukyu)	2 Path to Peace (Ryukyu)	3 Path to Peace (Ryukyu)	4 Self Meditation	5 Self Meditation
6 Yokohama Shizen Seminar	7 Self Meditation	8 Self Meditation	9 Self Meditation	10 Self Meditation	11 (Foundation Day) Self Meditation	12 Ryukyu Do Ai
13 Ryukyu Do Ai	14 Ryukyu Do Ai	15 Ryukyu Do Ai	16 Ryukyu Do Ai	17 Self Meditation	18 Self Meditation	19 Fureai
20 Nagomi	21 Self Meditation	22 Kongen-no-Hikari	23 (Emperor's Birthday) Kongen-no-Hikari	24 Self Meditation	25 Self Meditation	26 Self Meditation
27 Mugen	28 Self Meditation					

\*Seminars in this month basically require pre-registration. Check the official website ([uezu.net/uezu-en](http://uezu.net/uezu-en)) for details.

# March

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Path to Peace (Ryukyu)	2 Path to Peace (Ryukyu)	3 Path to Peace (Ryukyu)	4 Self Meditation	5 Tenshi
6 Yokohama Shizen Seminar	7 Self Meditation	8 Self Meditation	9 Lupinus	10 Self Meditation	11 Self Meditation	12 Ryukyu Do Ai
13 Ryukyu Do Ai	14 Ryukyu Do Ai	15 Ryukyu Do Ai	16 Ryukyu Do Ai	17 Self Meditation	18 Self Meditation	19 Fureai
20 Nagomi	21 (Vernal Equinox Day) Iris	22 Self Meditation	23 Self Meditation	24 Self Meditation	25 Self Meditation	26 Self Meditation
27 Mugen	28 Nakashibetsu	29 Nakashibetsu	30 Nakashibetsu	31 Self Meditation		

\*Seminars in this month basically require pre-registration. Check the official website ([uezu.net/uezu-en](http://uezu.net/uezu-en)) for details.

# April

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Ai-no-Hana	2 Ai-no-Hana
3 Yokohama Shizen Seminar	4 Self Meditation	5 Rindou	6 Self Meditation	7 Self Meditation	8 Ryukyu Do Ai	9 Ryukyu Do Ai
10 Ryukyu Do Ai	11 Self Meditation	12 Self Meditation	13 Nakashibetsu	14 Nakashibetsu	15 Nakashibetsu	16 Self Meditation
17 Self Meditation	18 Self Meditation	19 Self Meditation	20 Self Meditation	21 Self Meditation	22 Self Meditation	23 Self Meditation
24 Mugen	25 Self Meditation	26 Self Meditation	27 Self Meditation	28 Path to Peace (Ryukyu)	29 (Showa Day) Path to Peace (Ryukyu)	30 Path to Peace (Ryukyu)

\*Seminars in this month basically require pre-registration. Check the official website ([uezu.net/uezu-en](http://uezu.net/uezu-en)) for details.

# May

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Self Meditation	2 Sawayaka Circle	3 (Constitution Day) Self Meditation	4 (Greenery Day) Self Meditation	5 (Children's Day) Self Meditation	6 Self Meditation	7 Zazen-no-Kai
8 Yokohama Shizen Seminar	9 Self Meditation	10 Self Meditation	11 Self Meditation	12 Self Meditation	13 Ryukyu Do Ai	14 Ryukyu Do Ai
15 Ryukyu Do Ai	16 Self Meditation	17 Self Meditation	18 Nakashibetsu	19 Nakashibetsu	20 Nakashibetsu	21 Fureai
22 Nagomi	23 Self Meditation	24 Self Meditation	25 Path to Peace (Ryukyu)	26 Path to Peace (Ryukyu)	27 Path to Peace (Ryukyu)	28 Self Meditation
29 Mugen	30 Self Meditation	31 Self Meditation				

\*Seminars in this month basically require pre-registration. Check the official website ([uezu.net/uezu-en](http://uezu.net/uezu-en)) for details.

# June

2022

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

\*Seminars in this month basically require pre-registration. Check the official website ([uezu.net/uezu-en](http://uezu.net/uezu-en)) for details.

# July

2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Self Meditation	2 Fureai
3 Yokohama Shizen Seminar	4 Self Meditation	5 Ohisama-no-Ka	6 Self Meditation	7 Self Meditation	8 Ryukyu Do Ai	9 Ryukyu Do Ai
10 Ryukyu Do Ai	11 Self Meditation	12 Self Meditation	13 Nakashibetsu	14 Nakashibetsu	15 Nakashibetsu	16 Self Meditation
17 Nagomi	18 (Marine Day) Tenshi	19 Self Meditation	20 Self Meditation	21 Self Meditation	22 Path to Peace (Ryukyu)	23 Path to Peace (Ryukyu)
24 Path to Peace (Ryukyu)	25 Self Meditation	26 Self Meditation	27 Self Meditation	28 Self Meditation	29 Self Meditation	30 Self Meditation
31 Mugen						

\*Seminars in this month basically require pre-registration. Check the official website ([uezu.net/uezu-en](http://uezu.net/uezu-en)) for details.

# August

2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Self Meditation	2 Path to Peace (Ryukyu)	3 Path to Peace (Ryukyu)	4 Path to Peace (Ryukyu)	5 Self Meditation	6 Self Meditation
7 Yokohama Shizen Seminar	8 Self Meditation	9 Self Meditation	10 Self Meditation	11 (Mountain Day) Self Meditation	12 Ryukyu Do Ai	13 Ryukyu Do Ai
14 Ryukyu Do Ai	15 Self Meditation	16 Self Meditation	17 Self Meditation	18 Self Meditation	19 Self Meditation	20 Fureai
21 Nagomi	Sawayaka Circle	23 Self Meditation	24 Zazen-no-Kai	25 Self Meditation	26 Ao-no-Hana	27 Ao-no-Hana
28 Mugen	29 Self Meditation	30 Self Meditation	31 Self Meditation			

\*Seminars in this month basically require pre-registration. Check the official website ([uezu.net/uezu-en](http://uezu.net/uezu-en)) for details.

# September

2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Self Meditation	2 Self Meditation	3 Fureai
4 Yokohama Shizen Seminar	5 Self Meditation	6 Rindou	7 Self Meditation	8 Self Meditation	9 Ryukyu Do Ai	10 Ryukyu Do Ai
11 Ryukyu Do Ai	12 Self Meditation	13 Nakashibetsu	14 Nakashibetsu	15 Nakashibetsu	16 Self Meditation	17 Self Meditation
18 Nagomi	19 (Respect for Senior Citizens Day) Self Meditation	20 Self Meditation	21 Self Meditation	22 Ao-no-Hana	23 (Autumnal Equinox Day) Ao-no-Hana	24 Self Meditation
25 Mugen	26 Self Meditation	27 Path to Peace (Ryukyu)	28 Path to Peace (Ryukyu)	29 Path to Peace (Ryukyu)	30 Self Meditation	

\*Seminars in this month basically require pre-registration. Check the official website ([uezu.net/uezu-en](http://uezu.net/uezu-en)) for details.

# October

2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Self Meditation
2 Yokohama Shizen Seminar	3 Self Meditation	4 Self Meditation	5 Self Meditation	6 Self Meditation	7 Ryukyu Do Ai	8 Ryukyu Do Ai
9 Ryukyu Do Ai	10 (Sports Day) Self Meditation	11 Self Meditation	12 Lupinus	13 Self Meditation	14 Self Meditation	15 Fureai
16 Nagomi	17 Self Meditation	18 Self Meditation	19 Self Meditation	20 Self Meditation	21 Path to Peace (Ryukyu)	22 Path to Peace (Ryukyu)
23 Path to Peace (Ryukyu)	24 Self Meditation	25 Nakashibetsu	26 Nakashibetsu	27 Nakashibetsu	28 Self Meditation	29 Self Meditation
30 Mugen	31 Self Meditation					

\*Seminars in this month basically require pre-registration. Check the official website ([uezu.net/uezu-en](http://uezu.net/uezu-en)) for details.

# November

2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Iris	2 Self Meditation	3 (Culture Day) Self Meditation	4 Self Meditation	5 Self Meditation
6 Yokohama Shizen Seminar	7 Self Meditation	8 Self Meditation	9 Self Meditation	10 Self Meditation	11 Ryukyu Do Ai	12 Ryukyu Do Ai
13 Ryukyu Do Ai	14 Self Meditation	15 Self Meditation	16 Nakashibetsu	17 Nakashibetsu	18 Nakashibetsu	19 Fureai
20 Nagomi	21 Self Meditation	22 Self Meditation	23 (Labor Thanksgiving Day) Path to Peace (Ryukyu)	24 Path to Peace (Ryukyu)	25 Path to Peace (Ryukyu)	26 Self Meditation
27 Mugen	28 Self Meditation	29 Self Meditation	30 Self Meditation			

\*Seminars in this month basically require pre-registration. Check the official website ([uezu.net/uezu-en](http://uezu.net/uezu-en)) for details.

# December

2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Self Meditation	2 Self Meditation	3 Fureai
4 Yokohama Shizen Seminar	5 Self Meditation	6 Self Meditation	7 Self Meditation	8 Self Meditation	9 Ryukyu Do Ai	10 Ryukyu Do Ai
11 Ryukyu Do Ai	12 Self Meditation	13 Self Meditation	14 Self Meditation	15 Nakashibetsu	16 Nakashibetsu	17 Nakashibetsu
18 Nagomi	19 Self Meditation	20 Self Meditation	21 Path to Peace (Ryukyu)	22 Path to Peace (Ryukyu)	23 Path to Peace (Ryukyu)	24 Self Meditation
25 Mugen	26 Self Meditation	27 Self Meditation	28 Self Meditation	29 Self Meditation	30 Path to Peace New Year Assembly	31 Path to Peace New Year Assembly

\*Seminars in this month basically require pre-registration. Check the official website ([uezu.net/uezu-en](http://uezu.net/uezu-en)) for details.