

# January

2023

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

# February

2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Self Meditation	2 Self Meditation	3 Path to Peace (Ryukyu)	4 Path to Peace (Ryukyu)
5 Path to Peace (Ryukyu)	6 Self Meditation	7 Self Meditation	8 Nakashibetsu	9 Nakashibetsu	10 Nakashibetsu	11 (Foundation) Fureai
12 Yokohama Shizen Seminar	13 Self Meditation	14 Self Meditation	15 Self Meditation	16 Self Meditation	17 Self Meditation	18 Nagomi
19 Mugen	20 Kongen-no-Hikari	21 Kongen-no-Hikari	22 Self Meditation	23 (Emperor's Birthday) Self Meditation	24 Ryukyu Do Ai	25 Ryukyu Do Ai
26 Ryukyu Do Ai	27 Self Meditation	28 Self Meditation				

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# March

2023

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

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# April

2023

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

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# May

2023

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

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# June

2023

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 Nakashibetsu	8 Nakashibetsu	9 Nakashibetsu	10 Fureai
11 Nagomi	12 Self Meditation	13 Self Meditation	14 Self Meditation	15 Self Meditation	16 Self Meditation	17 Yokohama Shizen Seminar
18 Mugen	19 Self Meditation	20 Rindou	21 Self Meditation	22 Self Meditation	23 Ryukyu Do Ai	24 Ryukyu Do Ai
25 Ryukyu Do Ai	26 Self Meditation	27 Sawayaka Circle	28 Self Meditation	29 Self Meditation	30 Tenshi	

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