

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 Center)	7 Path to Peace (Ryukyu Center)
8 Path to Peace (Ryukyu Center)	9 (Coming of Age Day) Self Meditation	10 Self Meditation	11 Nakashibetsu	12 Nakashibetsu	13 Nakashibetsu	14 Self Meditation
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 Path to Peace (Sen-in Kaikan)	28 Path to Peace (Sen-in Kaikan)
29 Path to Peace (Sen-in Kaikan)	30 Self Meditation	31 Self Meditation				

*Seminars in this month basically require pre-registration. Check the official website (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 Center)	4 Path to Peace (Ryukyu Center)
5 Path to Peace (Ryukyu Center)	6 Self Meditation	7 Self Meditation	8 Nakashibetsu	9 Nakashibetsu	10 Nakashibetsu	11 (Foundation Day) Self Meditation
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 Self Meditation	25 Self Meditation
26 Self Meditation	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 Center)	4 Path to Peace (Ryukyu Center)
5 Path to Peace (Ryukyu Center)	6 Self Meditation	7 Self Meditation	8 Nakashibetsu	9 Nakashibetsu	10 Nakashibetsu	11 Self Meditation
12 Nagomi	13 Self Meditation	14 Self Meditation	15 Self Meditation	16 Ohisama-no-Ka	17 Self Meditation	18 Yokohama Shizen Seminar
19 Mugen	20 Self Meditation	21 (Vernal Equinox Day) Lupinus	22 Self Meditation	23 Self Meditation	24 Path to Peace (Ryukyu Center)	25 Path to Peace (Ryukyu Center)
26 Path to Peace (Ryukyu Center)	27 Self Meditation	28 Self Meditation	29 Self Meditation	30 Self Meditation	31 Self Meditation	

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April

2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Path to Peace (Ryukyu Center)
2 Path to Peace (Ryukyu Center)	3 Path to Peace (Ryukyu Center)	4 Self Meditation	5 Self Meditation	6 Rindou	7 Self Meditation	8 Self Meditation
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 Self Meditation
23 Mugen	24 Tenshi	25 Sawayaka Circle	26 Self Meditation	27 Self Meditation	28 Path to Peace (Ryukyu Center)	29 (Showa Day) Path to Peace (Ryukyu Center)
30 Path to Peace (Ryukyu Center)						

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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 Center)	6 Path to Peace (Ryukyu Center)
7 Path to Peace (Ryukyu Center)	8 Self Meditation	9 Self Meditation	10 Nakashibetsu	11 Nakashibetsu	12 Nakashibetsu	13 Self Meditation
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 Path to Peace (Ryukyu Center)	27 Path to Peace (Ryukyu Center)
28 Path to Peace (Ryukyu Center)	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 Center)	3 Path to Peace (Ryukyu Center)
4 Path to Peace (Ryukyu Center)	5 Self Meditation	6 Self Meditation	7 Nakashibetsu	8 Nakashibetsu	9 Nakashibetsu	10 Self Meditation
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 Path to Peace (Ryukyu Center)	24 Path to Peace (Ryukyu Center)
25 Path to Peace (Ryukyu Center)	26 Self Meditation	27 Sawayaka Circle	28 Self Meditation	29 Self Meditation	30 Tenshi	

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July

2023

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 Path to Peace (Ryukyu Center)	8 Path to Peace (Ryukyu Center)
9 Path to Peace (Ryukyu Center)	10 Self Meditation	11 Self Meditation	12 Kongen-no-Hikari	13 Kongen-no-Hikari	14 Self Meditation	15 Self Meditation
16 Nagomi	17 (Marine Day) Self Meditation	18 Self Meditation	19 Self Meditation	20 Self Meditation	21 Self Meditation	22 Self Meditation
23 Mugen	24 Nakashibetsu	25 Nakashibetsu	26 Nakashibetsu	27 Self Meditation	28 Path to Peace (Ryukyu Center)	29 Path to Peace (Ryukyu Center)
30 Path to Peace (Ryukyu Center)	31 Self Meditation					

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August

2023

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

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September

2023

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

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October

2023

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

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November

2023

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

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December

2023

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

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