



Zen and Calligraphy Day

9:30 – 10:00	Zazen
10:00 – 10:05	Kinhin
10:05 – 10:35	Zazen
10:35 – 10:40	Kinhin
10:40 – 11:10	Zazen
11:10 – 11:15	Kinhin
11:15 – 12:15	Dharma Study with Thomas Soechtig or Maggie Soechtig
12:15 – 13:15	Lunch & Break
13:15 – 15:15	Calligraphy with Maggie Soechtig
15:15	End of the day

Cost: Free or dana to your discretion

Calligraphy tool set: Available for free use in Zendo am Fluss.
(brush, ink bar, ink stone) 20CHF/set if purchase.

Lunch: Please bring your own lunch.

Sign up: Please send email to thomasmaggiesoectig@gmail.com
It's possible to join part of the program, if not the whole day.

Address: Zendo am Fluss, St. Karliquai 7 (Seiteneingang Treppe), 6004 Luzern

Dates in 2024
(1st Sunday of the month) : 5.Mai / 2.Juni / 1.Sep./ 6.Oct./ 1.Dec.