

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					

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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					

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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		

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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 Fureai
17 Nagomi	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)

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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				

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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		

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