



79-7241 Mamalahoa Hwy., Kealahakua, HI 96750

August, 2024

(808) 322-3524 [www.daifukuji.org](http://www.daifukuji.org)

See “archives” on our website for previous newsletters.



Rev. Jiko in front of the Jizo Altar

## Jizo Bodhisattva Service “Compassion for Children and Animals” Sunday, August 11 10:00 a.m. Dharma Talk by Rev. Jiko Nakade Potluck Lunch

All are invited to attend this service at which our sangha will pay homage to O-jizōsama through meditation, music, and chant. The bodhisattva Jizō, also known as O-jizōsama in Japanese and Kṣitigarbha in Sanskrit, is enshrined in a small structure in front of the temple. Jizō is regarded as the protector of travelers, women, and children and is the patron bodhisattva of deceased babies and children. He also liberates beings from realms of suffering and displays great compassion for animals. A portion of the service will be dedicated to the memory of deceased children. This year, Rev. Jikō is also including beloved pets. **Please fill out the form on page 2 if you wish to make a memorial dedication for a child or a pet.** Should you wish to view this service online, it will be live-streamed via Daifukuji’s YouTube channel at 10 a.m. HST: <https://www.youtube.com/c/DaifukujiSotoZenHawaii>.

**Everyone is invited to stay for lunch which will be a potluck affair.** Although paper products will be available, we suggest bringing your own reusable plate, utensils, and mug/cup to help our temple become more eco friendly. Donations of canned food for the Hawaii Food Basket are always appreciated. The Daifukuji Gift Shop will be open.



### READ ABOUT OUR ONLINE AUCTION ON PAGES

3, 4, and 5. Planning meeting to be held on August 11 after lunch.



## The Boundless Compassion of Jizō

*Aloha Sangha members and friends,*

*First of all, my warmest mahalo to all who helped with and attended our temple's wonderful Bon Dance on July 13.*

*Our next major event is the Jizō Bodhisattva service to which all are cordially invited. Throughout much of Daifukuji's history, an annual service called the Jizō Matsuri (Jizō Festival) has been held. At this service*

*prayers have been offered for beloved family members who died in infancy and childhood, or as a result of abortion, miscarriage, or having been stillborn. This year, I have decided to include prayers for pets. We all know that for many people, a pet is a cherished family member and companion. This has certainly been the case in my own family. Akin to losing a beloved child, the loss of a beloved pet can be devastating. Part of the purpose of the Jizō Bodhisattva service is to offer healing to those who grieve the loss of their precious children.*

*The compassion of Jizō Bodhisattva is boundless and vast. In Buddhist art Jizō is often surrounded by children. He carries a monk's staff with six rings that jingle as he walks, letting animals and little creatures know that he is approaching. This gentle, yet courageous bodhisattva enfolds babies and animals alike in his robes of compassion, encouraging us to do the same. All life is to be loved and cherished. All beings are to be treated with compassion and loving-kindness. This is Jizō Bodhisattva's message. On August 11th, please join me in paying homage to the noble bodhisattva Jizō. You may request a prayer by using the form below.*

*In gasshō,*

*Rev. Jikō*



Jizō cradling a baby.



Jizō cradling a dog.

## In Memory of a Child or Pet

At the Jizō Bodhisattva service on Sunday, August 11, 2024, Buddhist prayers will be offered for deceased children and pets, whose names will be recited by Reverend Jikō. Please fill out this form and send your request to Daifukuji via email, mail, or in person by August 4, 2024.

**Your Name, Email address, & Phone Number** \_\_\_\_\_

**Name(s) of Beloved Child or Children:**

**Name(s) of Beloved Pet or Pets:**

Mail form to DAIFUKUJI SOTO MISSION, 79-7241 MAMALAHOA HWY, KEALAKEKUA, HI 96750. Or, submit names by sending an email to [rev.jiko@daifukuji.org](mailto:rev.jiko@daifukuji.org). Donations are optional.



## ***Temple Mālama Online Auction***

A BENEFIT FOR HISTORIC DAIFUKUJI SOTO MISSION

**AUGUST 24 - 30, 2024**

<https://www.32auctions.com/Templemalama>

Treasures galore!

Gift Cards

Gift Baskets

Collectibles

Local Specialities

Handcrafted Items

Art

Potted Plants

Vintage Items

Jewelry

Cultural Items

Tableware

and more!



*Located in the town of Honalo, Daifukuji Soto Mission is a Soto Zen Buddhist temple that is listed on the National Register of Historic Places and deemed a Kona Heritage Building by Pulama Ia Kona. We ask for your kōkua and invite you to support our fundraiser.*

[www.daifukuji.org](http://www.daifukuji.org)

79-7241 Mamalahoa Hwy

(808) 322-3524

We will be posting items on our 32 Auctions site as we receive them.

Wish to donate items? Questions? Please call or text Barb at (808) 987-2673.

## Temple Malama Online Auction to be held August 24 - August 30

[www.32auctions.com/templemalama](http://www.32auctions.com/templemalama)



Mark your calendars! We are starting to plan Daifukuji's 4th online auction.

Daifukuji members and friends, please help make our upcoming online auction a success. Many costly projects have been done and continue to be worked on in our board's efforts to maintain and preserve our historic temple. The latest accomplishment has been the resurfacing of our parking lot which turned out great!

Fundraising is crucial and this year's online auction is our BIG fundraiser.

### Here's how you can help:

#### Donate to the auction

We are asking for donations of new, "like new" & "gently used" items. We want to offer the best we have to replenish the Daifukuji Soto Mission's General Fund.

**Auction items will be accepted inside the social hall from Aug 17 – 23. Drop off hours are 10 am to 4 pm on the weekend. Then Monday – Friday from 10 am-2 pm.**

Suggested items are coffee, mac nuts, gift certificates/cards for services, restaurants, golf, hotel stays, stores. Plants, orchids, Japanese & Buddhist items handmade items, art, nonperishables, gift baskets, tools, sporting goods, collectibles, vintage, musical instruments, housewares, are all popular. Please, nothing bulky or too heavy for us to manage.

We need volunteers to accept donations in the social hall starting Saturday, Aug 17, 10 am to 4 pm and same for Sunday, August 18. Then Monday 8/19 through Friday 8/23 will be 10 am to 2 pm. You record what is donated and by who, with their estimated value and make sure it is clean, measure if needed, and get ready to photo. Can combine items into a gift basket. We will have the thank you letters available for all donors with our Tax ID #.

Without volunteers our fundraiser would not be possible. We would appreciate your help!

If you need to make other arrangements to donate at the temple, please arrange with Rev. Jiko by calling Daifukuji at (808) 322-3524. We will be accepting items August 17 through Aug 23.

Let Barb know if she can pick up your donation ahead of time to put it up on the auction site. 808-987-2673, text & phone. [barbarainkona@gmail.com](mailto:barbarainkona@gmail.com)

*Continued on page 5*

### **Participate in the auction by bidding online & sharing the link.**

The auction will begin at 9:00am on August 24 and end at 5:00pm Hawaii Time on August 30, 2024. Here is the link we ask you to share with family & friends:

<https://www.32auctions.com/Templemalama>

You can view items as we post them before it goes live. To place a bid, please be sure to create your 32auctions.com account.

### **Pick Up Items in front of our Social Hall September 1 & September 2**

Pick-ups will be Sunday, September 1 and Monday, September 2 from 10 am -2 pm.

We need volunteers for the pick-ups too. Two people to greet the car pulling up, make sure items are paid for or collect (checks only, no cash), three inside the social hall to gather and deliver to winner. One or two to help direct incoming vehicles.

We also have a booth with items not put up or sold on auction. We need 3-4 volunteers working there.

### **Can you participate if you don't live on Hawai'i Island?**

Certainly! This is an online auction. Payment can be made through the auction's secure payment site. Just be sure to read the item description which will indicate whether or not the item can be shipped. Shipping charges are extra. Flat rate boxes will be used. You can also pay with a check when picking up your items. No cash please.

### **Don't wish to participate in the auction but still want to contribute to this fundraiser?**

A monetary donation would be gratefully accepted. Please make your check payable to Daifukuji Soto Mission and mail it to PO Box 55, Kealahou, HI 96750, or donate online through our website <http://www.daifukuji.org/donation/index/html>. Include a note saying it is for the auction.

If you have any questions, please don't hesitate to contact me at [barbarainkona@gmail.com](mailto:barbarainkona@gmail.com), 808-987-2673, text & phone.

Thank you in advance for your help making this online auction a success!

Aloha,

Barbara Shoshin Bosz, Auction Co-Chair





## Fujinkai News: Fellowship Day With Taishoji Soto Mission Fujinkai Friends

Saturday, August 10

Noon to 3:00 p.m. Social Hall



“The more we get together, the happier we’ll be!”

The Daifukuji Fujinkai has invited Rev. Jigaku and Mr. Brent Takenouchi and members of the Taishoji Soto Mission Fujinkai of Hilo to an afternoon of fun and fellowship at Daifukuji on Saturday, August 10. All Fujinkai members are warmly invited to this gathering.

So far, the following activities have been planned: 12:00 p.m. Lunch and Introductions; 1:00 p.m. “Candle Use on Home Altars,” a presentation by Clear Hōun Englebert; 1:30 p.m. Bingo; 2:00 p.m. Group Poetry Session; 2:30 p.m. Sing Along & Bon Dance; 2:50 p.m. Group Photo and Closing

Fujinkai district representatives will be calling Fujinkai members for a headcount. We hope that many members will join this afternoon of fellowship and fun.

The Daifukuji Fujinkai welcomes new members. Membership is open to any adult who supports the objectives of the Fujinkai. For information, go to: [https://www.daifukuji.org/activities/Fujinkai\\_Brochure\\_2022.pdf](https://www.daifukuji.org/activities/Fujinkai_Brochure_2022.pdf) or stop by the temple for a brochure and membership form.



**pure zen,  
just sitting**

## Meditation a one-hour class

Daifukuji Soto Zen temple will offer a one-hour class on meditation on Sunday, August 18 at 2:00 pm.

You'll learn correct posture and etiquette, and what to do with your mind during meditation. There will be readings from teachers Dogen and Keizan, and time to practice meditation. The class is free, but preregistration is required.

To register please call the temple at 808-322-3524 or send an email to [info@daifukuji.org](mailto:info@daifukuji.org)

Daifukuji is at 79-7241 Mamalahoa Hwy, Honalo, next to Teshima's restaurant. [www.daifukuji.org](http://www.daifukuji.org)

## Meditation Class

August 18 from 2:00 - 3:00 p.m.

Instructor: Clear Hōun Englebert

Daifukuji will offer a one-hour class on meditation on Sunday, August 18 at 2:00 PM. The topics will include correct posture and etiquette, as well as what to do with your mind during meditation. The predominate form of meditation in Soto Zen is *shikantaza*—just sitting. It's simple but difficult, because there's nothing to rely on except your own willpower. The class will include readings from Dogen and Keizan, and there will be time to practice meditation. The class is free, but preregistration is required. To register please call the temple at 808-322-3524 or send an email to [info@daifukuji.org](mailto:info@daifukuji.org).



## Daifukuji Soto Mission Legacy Endowment Fund

Aloha Members & Friends of Daifukuji,

The parking area in front of our temple was recently re-paved and looks great. It should also be safer for events we have outside. The Board of Directors did a fantastic job working with our contractor to make sure this much needed project went smoothly. This was also the first project that your Endowment Fund helped to finance. As of this date, your Endowment Fund's balance exceeds \$800,000 with over \$220,000 in earnings available for maintenance projects such as this, subject to annual spending caps. In its relatively short time in existence the Endowment Fund and your donations have created a substantial legacy gift to ensure that the Daifukuji grounds and purpose will endure.

When I look at the temple grounds, I'm struck by its beauty and the peacefulness it inspires. And it made me reflect on our dear friend that we lost last year, Judie Myoko Fekete. Judie was on the Board of Directors when we first discussed establishing an endowment fund and became one of its earliest and most enthusiastic supporters. It's no exaggeration to say that without Judie's early support, our Endowment Fund might not exist. And it makes sense because, as we all know, Judie made maintaining the temple buildings and grounds one of her top priorities. She formed groups to clean the cemetery, was on constant alert for termites, and cleaned, maintained and fixed anything that needed attention. She understood the importance of maintaining a peaceful sanctuary for all of us. I think Myoko would be very happy with the results of the Endowment Fund's first project.



Judie Myoko  
Fekete

Thank you for your continued support of Daifukuji and your Legacy Endowment Fund.

In Gassho,

*Wade Yasuda*, Chair

Daifukuji Soto Mission Legacy Endowment Fund Board of Trustees

*Avis Yamamoto, Brian Yamamoto, Keith Olson, Wade Yasuda*

For information about the Legacy Endowment Fund, please visit

<https://www.daifukuji.org/endowment/index.html>.

**August Activities** (More activities listed at <https://www.daifukuji.org/activities.html>)

**Dharma Keiki** - Two Sundays, August 4 and August 18 from 9:30 a.m. to 10:15 a.m. A Dharma program for children of preschool age to grade 3 and their parents. Siblings welcome. By donation. Bring a healthy snack to share. Registration required. Contact Rev. Jiko at [rev.jiko@daifukuji.org](mailto:rev.jiko@daifukuji.org) for information.

**Zazen (Meditation)** - Zazen is offered in person and via Zoom every Wednesday and Friday from 6:00 a.m. - 7:00 a.m. Wednesday zazen is followed by 20 minutes of chanting. Sunset meditation is held on Monday evenings from 6:00 p.m. - 7:00 p.m. Practitioners are asked to arrive 10-15 prior to the starting time. Contact Rev. Jiko at [rev.jiko@daifukuji.org](mailto:rev.jiko@daifukuji.org) to receive the Zoom link for zazen sessions.

**Shakyo (Tracing the Sutras) & Shabutsu (tracing pictures of buddhas)** - **Saturday, August 3** from 9:30 a.m. to 11:00 a.m. in the Social Hall. All are welcome. By donation.

**Daifukuji Gay Sangha** - 1st Friday of the month at 5:30 p.m. Meditation and discussion. All welcome. For information, call Clear Houn at (808) 328-0329.

**Sangha Sisters Women's Spirituality Circle** - Meetings are held in person and via Zoom on the second Friday of the month at 4:30 p.m. Call Susie at (808) 936-5817 for information.

**T'ai Chi** - All classes are one hour and held inside the Hisashi Kimura Cultural Hall. \$5.00 per class. Call instructor Philip Kakuho Hema for schedule and other information: (808) 345-1492.

**Soleful Strutters** - T'ai Chi warm-up & walking on temple grounds at 9:00 a.m. on Tuesdays. For information, please contact Hannah Israel at (408) 421-8845 or Reverend Jiko at (808) 322-3524.

**Samu Fridays** - Volunteers are needed for temple cleaning and grounds maintenance on Friday mornings from 8 a.m. - 10 a.m. Coffee hour & fellowship follows. Bring a snack to share.

**Yoga via Zoom** — 6 Thursdays from July 11 - August 21 from 8:00 - 9:00 a.m. HST.. Drop in or whole series. What's needed: Yoga mat, loose clothing, water, towel, empty stomach. Temple offering by mail or at <https://www.daifukuji.org/donation/index.html>. Instructor: Ambika "Jō-An" Rose, (808) 430-2620. Email for Registration & Zoom Link: [ambikarose@hawaiiantel.net](mailto:ambikarose@hawaiiantel.net).

**In-person Yoga** — Every Monday from 8:30 a.m. - 9:30 a.m. in the Hisashi Kimura Cultural Hall. No fee, but donations accepted. Bring a mat or towel. Call instructor Liz Aschenbrenner: (808) 345-1270 or [liz217a@hotmail.com](mailto:liz217a@hotmail.com).





## **Dr. Stephen Denzer to Speak at Project Dana**

**Wednesday, August 14      9:30 a.m.**

Have you heard of POLST? POLST stands for “portable medical orders.” It is part of advance care planning which includes a caring conversation with one’s doctor, as well as one’s family. A POLST form communicates your wishes as medical orders, telling all health care providers what you would like to have done in the event of a medical emergency. This is an important matter, one which Dr. Denzer will explain. POLST forms will be available for you to take home.

**As this presentation will be part of the August Project Dana program, Project Dana members do not need to r.s.v.p. All others, please let Rev. Jiko know if you would like to attend by calling (808) 322-3524 or sending an email to [rev.jiko@daifukuji.org](mailto:rev.jiko@daifukuji.org).**



## **Living By Vow: A New Dharma Series to be Offered Via Zoom**

Group 1: Thursdays from 11 a.m. to Noon HST — Starting September 26

Group 2: Saturdays from 8 a.m. to 9 a.m. HST — Starting September 28

After the precepts classes are completed, Rev. Jiko will be starting a new series of Zoom Dharma classes using the book *Living By Vow: A Practical Introduction to Eight Essential Zen Chants and Texts* by Rev. Shohaku Okumura, a Soto Zen scholar-priest who founded the Sanshin Zen Community in Bloomington, Indiana and the author of several books on Soto Zen teachings and philosophy.

“This immensely useful book explores Zen’s rich tradition of chanted liturgy and the powerful ways that such chants support meditation, expressing and helping us truly uphold our heartfelt vows to live a life of freedom and compassion.” (Publisher’s quote)

Class participants may purchase a copy of this book at the discounted price of \$10 through the Daifukuji Gift Shop, where the book is currently available for purchase. (Please let the gift shop clerk know that you have signed up for this class.) Unfortunately, the gift shop is unable to handle mail orders. The book is readily available online.

To register for the fall series of study sessions or ask questions about the series, please contact Rev. Jiko at [rev.jiko@daifukuji.org](mailto:rev.jiko@daifukuji.org) or call (808) 322-3524. Choose group 1 or group 2. These classes will be offered free of charge. However, if one wishes, one may make a donation to Daifukuji Soto Mission.



## In Loving Memory

We express our sincere condolences to the families of the late Jan Bovard and the late Dr. Masato Nakamoto.

**Janice Bovard** passed away at the age of 88 on July 3, 2024. She served as our temple board president from 2005-2008 and as a director for many years. Jan was also a member of the Daifukuji Fujinkai, Zazenkai, Orchid Club, Gift Shop, and Project Dana.

**Dr. Masato “Masao” “Will” Nakamoto** passed away on July 5, 2024. He was 100 years old.

*Namu Kanzeon Bosatsu*

## Gift Shop News

by Clear Hōun Englebert



The recently published eight-volume hardback set of the Shobogenzo in English from Sotoshu Shumuchō has arrived at the gift shop. It will be sold at cost. The price is \$366 if paid by cash or check and \$375 if paid by credit card. That amount covers what the shop paid for the set plus the excise tax that is paid to the state, and if a credit card is used, the fee that the shop is charged is passed on to the customer. Usually the shop absorbs the amount of the excise tax as well as the credit card fee because usually there's a bit of a markup, but in this case there is absolutely no markup. You're paying what the shop is paying.

In the late fall we expect to receive the Shobogenzo set in paperback from the University of Hawaii Press. The retail price will probably be something below \$200 and it too will be sold at cost. The difference in the durability of the hardback and paperback editions will be night and day. It is unknown how long the shop will be able to continue to get hardback editions, but it is likely to be not much longer. Once their gone, they will be out-of-print and the value will escalate dramatically.



## Temple and Grounds Clean-Up Mahalo

Every time that clean up day comes around I wonder if we are going to have enough people show up to help. Every time plenty of Daifukuji members show up, happy to help clean the temple and grounds. On June 23, we had fifty people attend, representing most of the temple groups.

The various temple groups have been taking turns helping with clean-up-day refreshments. This June the Daifukuji Gay Sangha group prepared lunch from scratch including freshly baked bread. It was delicious. The clean up crew has really been appreciating the variety and care that all the groups have been bringing to the refreshment table.

Mahalo to everyone who helped with the June cleanup.



Our sangha sincerely thanks Shaun for his dedication in serving as cleanup chair twice a year and for always doing an excellent job. Mahalo, Shaun!

Aloha,  
Shaun Roth, Cleanup Chair

## Coming Up in September

Dharma Keiki.....	September 1 and 22
Project Dana.....	September 11
Soto Zen Buddhist Confirmation Ceremony.....	September 14 at 2:00 p.m.
Autumn Equinox and Founders Service.....	September 15 at 10 a.m. (Ohigan & Ryosoki)
Kannon-ko Service.....	September 18
Fujinkai Field Trip.....	September 21
Zoom Dharma Classes Begin.....	September 26 & September 28

# August 2024

July 2024							August 2024							September 2024						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6							1	2	3	4	5	6	7		
7	8	9	10	11	12	13	4	5	6	7	8	9	10	8	9	10	11	12	13	14
14	15	16	17	18	19	20	11	12	13	14	15	16	17	15	16	17	18	19	20	21
21	22	23	24	25	26	27	18	19	20	21	22	23	24	22	23	24	25	26	27	28
28	29	30	31				25	26	27	28	29	30	31	29	30					

- Zazen

Sangha Sisters

Youth Taiko

Adult Taiko

Major Service
- Happy Strummers

Temple Board

Fujinkai

Kannon-ko Service

Project Dana
- Orchid Club

Samu

Special Events

Baikako Practice

Dharma Study
- Home

Work

Offsite Backup

Bon Dance Group

Teen Sangha
- Youth Taiko

Adult Taiko

Family Service

Major Service and 15 more...

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 <div>10:00 AM Taishoji's Bon Service</div>	29 <div>8:30 AM Yoga with Liz</div> <div>5:00 PM Youth Taiko</div> <div>6:00 PM Sunset Meditation</div>	30 <div>9:00 AM Soleful Strutters Moai</div> <div>6:00 PM Zen Taiko</div>	31 <div>6:00 AM Zazen &amp; Service</div> <div>5:00 PM Youth Taiko</div>	1 <div>8:00 AM Zoom Yoga with Ambika</div> <div>9:00 AM Tai Chi</div> <div>6:00 PM Zen Taiko</div> <div>7:00 PM Temple Board</div>	2 <div>6:00 AM Zazen</div> <div>8:00 AM Samu</div> <div>10:00 AM Gift shop 10am-1pm</div> <div>5:30 PM Gay Sangha</div>	3 <div>Shakyo 9:30 am</div> <div>8:00 AM Precepts Class</div> <div>10:15 AM Youth Taiko</div> <div>11:00 AM Gift Shop 11am-5pm</div>
4 <div>Dharma Keiki 9:30 am</div> <div>Baikako Practice 7:45 am</div> <div>2:00 PM Happy Strummers</div>	5 <div>8:30 AM Yoga with Liz</div> <div>5:00 PM Youth Taiko</div> <div>6:00 PM Sunset Meditation</div>	6 <div>9:00 AM Soleful Strutters Moai</div> <div>6:00 PM Zen Taiko</div>	7 <div>6:00 AM Zazen &amp; Service</div> <div>5:00 PM Youth Taiko</div>	8 <div>8:00 AM Zoom Yoga with Ambika</div> <div>9:00 AM Tai Chi</div> <div>6:00 PM Zen Taiko</div>	9 <div>6:00 AM Zazen</div> <div>8:00 AM Samu</div> <div>10:00 AM Gift shop 10am-1pm</div> <div>4:30 PM Sangha Sisters</div>	10 <div>8:00 AM Precepts Class</div> <div>10:15 AM Youth Taiko</div> <div>11:00 AM Gift Shop 11am-5pm</div> <div>2:00 PM Fujinkai Gathering 12 pm</div>
11 <div>Potluck Lunch</div> <div>Jizo Bodhisattva Service</div> <div>10:00 a.m. Service</div>	12 <div>8:30 AM Yoga with Liz</div> <div>5:00 PM Youth Taiko</div> <div>6:00 PM Sunset Meditation</div>	13 <div>9:00 AM Soleful Strutters Moai</div> <div>6:00 PM Zen Taiko</div>	14 <div>Project Dana 9:30 AM</div> <div>6:00 AM Zazen &amp; Service</div> <div>5:00 PM Youth Taiko</div> <div>6:30 PM Orchid Club</div>	15 <div>8:00 AM Zoom Yoga with Ambika</div> <div>9:00 AM Tai Chi</div> <div>6:00 PM Zen Taiko</div>	16 <div>6:00 AM Zazen</div> <div>8:00 AM Samu</div> <div>10:00 AM Gift shop 10am-1pm</div> <div>4:00 PM Fujinkai Board</div>	17 <div>8:00 AM Precepts Class</div> <div>10:00 AM Receive Auction Items</div> <div>10:15 AM Youth Taiko</div> <div>11:00 AM Gift Shop 11am-5pm</div>
18 <div>Dharma Keiki 9:30 am</div> <div>Meditation Class 2 PM</div> <div>... Receive Auction Items</div>	19 <div>... Receive Auction Items</div> <div>8:30 AM Yoga with Liz</div> <div>5:00 PM Youth Taiko</div> <div>6:00 PM Sunset Meditation</div>	20 <div>... Receive Auction Items</div> <div>9:00 AM Soleful Strutters Moai</div> <div>6:00 PM Zen Taiko</div>	21 <div>Kannon-ko 10 am</div> <div>... Receive Auction Items</div> <div>6:00 AM Zazen &amp; Service</div> <div>5:00 PM Youth Taiko</div>	22 <div>... Receive Auction Items</div> <div>8:00 AM Zoom Yoga with Ambika</div> <div>9:00 AM Tai Chi</div> <div>6:00 PM Zen Taiko</div>	23 <div>... Receive Auction Items</div> <div>6:00 AM Zazen</div> <div>8:00 AM Samu</div> <div>10:00 AM Gift shop 10am-1pm</div>	24 <div>9:00 AM Auction is live!</div> <div>10:15 AM Youth Taiko</div> <div>11:00 AM Gift Shop 11am-5pm</div>
25 <div>... Auction is live!</div>	26 <div>... Auction is live!</div> <div>8:30 AM Yoga with Liz</div> <div>5:00 PM Youth Taiko</div> <div>6:00 PM Sunset Meditation</div>	27 <div>... Auction is live!</div> <div>9:00 AM Soleful Strutters Moai</div> <div>6:00 PM Zen Taiko</div>	28 <div>... Auction is live!</div> <div>6:00 AM Zazen &amp; Service</div> <div>5:00 PM Youth Taiko</div>	29 <div>... Auction is live!</div> <div>8:00 AM Zoom Yoga with Ambika</div> <div>9:00 AM Tai Chi</div> <div>6:00 PM Zen Taiko</div>	30 <div>... Auction is live!</div> <div>6:00 AM Zazen</div> <div>8:00 AM Samu</div> <div>10:00 AM Gift shop 10am-1pm</div>	31 <div>8:00 AM Precepts Class</div> <div>10:15 AM Youth Taiko</div> <div>11:00 AM Gift Shop 11am-5pm</div>





79-7241 Mamalahoa Hwy, Kealahou, HI 96750 (808) 322-3524

## KONA DAIFUKUJI "ZOOM" YOGA<sup>6.9.24</sup>

**6 Thurs. 8-9 am HST July 11, 18, 25 Aug. 7, 14, 21**

- |                   |                 |                    |
|-------------------|-----------------|--------------------|
| • 7:45 – 8 am HST | Welcome Warm-up | • 12:45 – 1 pm EST |
| • 8:00 – 9 am     | "ZOOM" YOGA!    | • 1:00 – 2 pm      |
| • 9:00 – 9:20am   | Chat (optional) | • 2:00 – 2:20 pm   |

**Open to: Members, Kona Community and ALL  
Beginners & Experienced WELCOME!**

**@Drop in or Whole Series@**

**ENERGY is our focus,** so move to your body!

*Pt 1: Basic Amrit Asanas: "Patanjali's Yoga Sutra as our guide!"*

**Bring: Yoga mat, loose clothing, H2O, & towel, empty stomach**

**"Dana"=Temple Offering by mail or at: <http://www.daifukuji.org/donation/index.html>**

**Email for REGISTRATION & Link: [ambikarose@hawaiiantel.net](mailto:ambikarose@hawaiiantel.net)**



### **Instructor: Ambika "Jō-An" Rose**

I have taught yoga for 47 years. The "Style" is Amrit Yoga an authentic, meditative exploration of **Shakti [Chi] EnErGy** through intention, breath, alignment, extension & movement. Following postures, we pause: relax, breathe, and "let go!" We **EXPLORE ENERGY!** For inquiry: 808-430-2620 <sup>6.9.24</sup>