



ZEN Class

Let's listen to the sound of ZEN
~ZAZEN in English~

We tend to lose ourselves in busyness of everyday life.

Why don't we harmonize body/mind and come back to ourselves through zazen (sitting meditation)?

A Zen class hosted by Soto Zen Buddhism Headquarters will be held at Tokyo Grand Hotel.

If you are interested, please join us. No previous experience is required. We will give you all of the necessary instructions. *Zafus* (Meditation cushions) will be provided.

Place: Tokyo Grand Hotel 5th Floor "*Mishoan*"
Dates: 4/20, 5/18, 6/8, 7/20, 8/24, 9/28, 10/6, 11/10, 12/14
Cost: Free
Pre-registration not necessary



Schedule:

15:30 Registration
16:00 Warming-up exercise
Instructions
Zazen
Q&A, Discuss
18:00 End



For more information, please find us on Facebook at
facebook.com/sotozenbuddhism.official