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ZEN

*The busyness of your everyday life tends to keep
you from staying tuned in to your calm self*

Soto Zen Buddhism Headquarters will be hosting a zazen (zen meditation) class at Tokyo Grand Hotel to help you harmonize your body and mind so you can return to your original self through zazen.

If you are interested, please join us. No previous experience is required. We will give you all of the necessary instructions. Zafu (cushion for zazen) will also be provided.

Dates

[2018] 4/17, 5/1, 6/22, 7/17, 8/31,
9/26, 10/22, 11/21, 12/14

[2019] 1/16, 2/15, 3/15

Schedule

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

Place

Tokyo Grand Hotel (5thFloor “Kenshudoujo”)

Cost

Free * Reservation is needed



For more information, please find us on Facebook at
[facebook.com/sotozenbuddhism.official](https://www.facebook.com/sotozenbuddhism.official)

