



禅 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, 10/18, 11/21, 12/14

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

Schedule

15:30 Registration
16:00 Instructions
Zazen
Q&A, Discussion
18:00 End

Place

Tokyo Grand Hotel (5thFloor)

Cost

Free * Reservation is required



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





Tokyo Grand Hotel

Tokyo Grand Hotel: 2-5-2, Shiba, Minato-ku, Tokyo, 105-0014



A- Shibakoen Station (Toei Mita Line) —————

- 3 minutes on foot from A-1 exit

B- Hamamatsu-cho Station (JR / Tokyo Monorail) —————

- 10 minutes on foot from South exit
- 3 minutes by taxi

C- Daimon Station (Toei Asakusa / Toei Oedo Line) —————

- 8 minutes on foot from A-3 exit

D&E- Shibakoen ramp (Metropolitan Expressway)

- 2 minutes by car

【Tokyo Tower】

15min. from the Hotel on foot.

【Zojoji Temple】

10min. from the Hotel on foot.