

# ZEN CLASS 2020-21



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]

[2020] 4/20, 5/28, 6/18,  
7/27, 8/24, 9/4,  
10/15, 11/12, 12/18

[2021] 1/26, 2/10, 3/11

## [SCHEDULE]

15:30 Registration

16:00 Instructions

Zazen

Q&A, Discussion

18:00 End

## [PLACE]

Tokyo Grand Hotel (5th Floor)

**ADMISSION  
FREE**

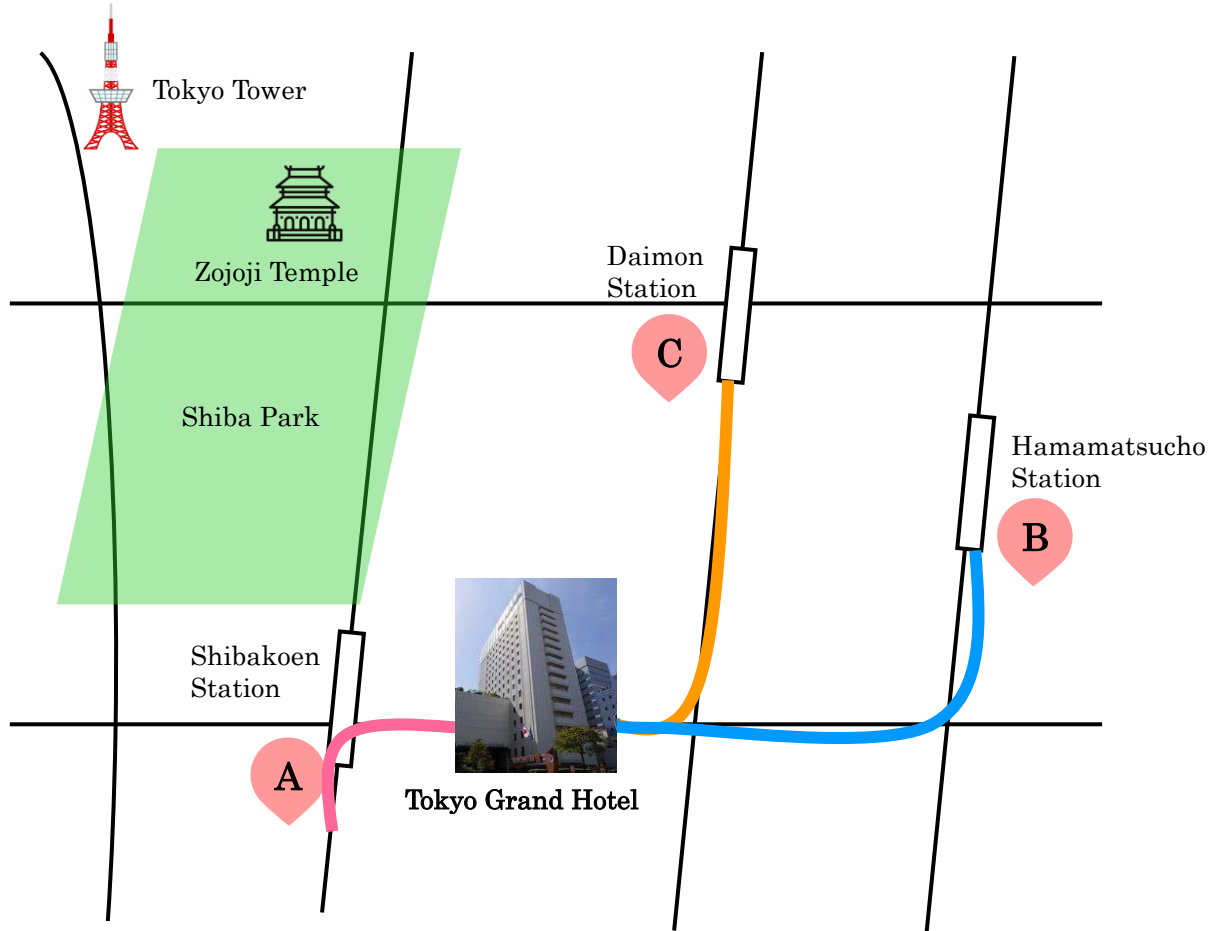
**Reservation is required**



For more information,  
please find us on Facebook.

# Tokyo Grand Hotel

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




**A-Shibakoen Station (Toei Mita Line, I-05)** 

3 minutes on foot from A-1 exit

**B-Hamamatsucho Station (JR, JY-28/Tokyo Monorail, MO-01)** 

3 minutes by taxi

**C-Daimon Station (Toei Asakusa, A-09/Toei Oedo Line, E-20)** 

8 minutes on foot from A-3 exit

**【Tokyo Tower】**

15 minutes from the Hotel on foot.

**【Zojoji Temple】**

10 minutes from the Hotel on foot.