

Shall we find our peace of mind zazen?
ZEN class will open online.
We look forward to seeing you!


SOTO
ZEN

ZEN CLASS 2023

(坐禅会)



REV. HOJUN SZPUNAR
(シュプナル法純師)
Guiding teacher

2023		2024
4/19	9/6	2/14
5/31	10/4	3/25
6/7	11/1	
7/19	12/6	
8/23		

16:00 - 17:00 (JST)
Darma talk and Zazen
(法話と坐禅)

Live stream on You Tube and Facebook

