

Shall we find our peace of mind zazen?
ZEN class will be held in person and online.
We look forward to seeing you!

ZEN CLASS 2023



2023

4/19 9/6
5/31 10/4
6/7 11/1
7/19 12/6
8/23

2024

2/14
3/25

[PLACE]

Tokyo Grand Hotel
(5th Floor)
Minatokushiba2-5-2

18:00 - 19:00 (JST)

Darma talk and Zazen
(法話と坐禪)

Admission Free.

Reservation is required.

Please sign up at the URL below.



REV. HOJUN SZPUNAR

Guiding teacher

Live stream on You Tube

