

ZEN class 2025

DATE & PROGRAM

2025

2026

4/24, 5/22, 6/3, 7/24, 8/28, 1/22, 2/25, 3/26

9/17, 10/16, 11/20, 12/16

6:00pm - 7:00pm

Dharma Talk (15 min)

Tea Time(7:00pm~)

Zazen (40 min) Kinhin (5 min)

ZEN class will be held in person. Also, we will be live-streaming the event on YouTube, so you can watch it there as well. Only those who wish to attend in person should apply for registration using the QR code below. The instructor will explain how to sit zazen.

Don't worry even if you are new to zazen.

Application Form (Required for in-person participants only)









kokusai@sotozen.jp



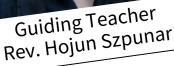








Place Tokyo Grand Hotel



Tea Time