



*The busyness of your everyday life tends to keep you from staying tuned in to your calm self*

2017  
**ZEN class**  
Let's listen to the sound of ZEN  
ZAZEN in English

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

[2017] 4/19, 6/20, 7/19, 8/23  
11/8, 12/13

[2018] 1/10, 2/28, 3/1

## ★ Place

Tokyo Grand Hotel (5<sup>th</sup> Floor “Mishoan”)

## ★ Cost

Free

## ★ Schedule

15:30 Registration  
16:00 Warming-up exercise  
Instruction  
Zazen  
Q&A, Discussion  
18:00 End

## ★ Registration

Pre-registration is required.

> [Registration form](#)



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