

ZEN CLASS 2020-21



We tend to lose ourselves in busyness of everyday life.
For the refreshment, shall we share the calm and peaceful time
together with Zazen?

Any person will be welcomed.

Also, the program is on air on our official Facebook page.

<https://www.facebook.com/InternationalDpt.SotoZenBuddhism>

[DATES]

[2020] 10/28, 11/12, 12/18

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

[SCHEDULE] by October

15:30 Registration

16:00 Instructions

Zazen

Q&A

18:00 End

※During winter season(from November through March),
the class will be started at 14:00(registration at 13:30).

[PLACE]

Tokyo Grand Hotel (5th Floor)



For more information, please find us on Facebook.
Participants: Maximum of 10 people
If there are more applications than capacity,
a lottery will be held.

**ADMISSION
FREE**

Registration is required