



ZEN Class

Let's listen to the sound of ZEN
~ZAZEN in English~

We tend to lose ourselves in busyness of everyday life.

Why don't we harmonize body/mind and come back to ourselves through zazen (sitting meditation)?

A Zen class hosted by Soto Zen Buddhism Headquarters will be held at Tokyo Grand Hotel.

If you are interested, please join us. No previous experience is required. We will give you all of the necessary instructions. *Zafus* (Meditation cushions) will be provided.

Place: Tokyo Grand Hotel 5th Floor "Mishoan"

Dates: 4/20, 5/18, 6/8, 7/20, 8/24, 10/6, 11/10, 12/14

Cost: Free

Pre-registration not necessary

Schedule: 15:30 Registration

16:00 Warming-up exercise

Instructions

Zazen

Q&A, Discuss

18:00 End



For more information, please find us on Facebook at facebook.com/sotozenbuddhism.official

Please find map to location on reverse side



Tokyo Grand Hotel

Tokyo Grand Hotel: 2-5-2, Shiba, Minato-ku, Tokyo, 105-0014



A- Shibakoen Station (Toei Mita Line)

- 3 minutes on foot from A-1 exit

B- Hamamatsu-cho Station (JR / Tokyo Monorail)

- 10 minutes on foot from South exit
- 3 minutes by taxi

C- Daimon Station (Toei Asakusa / Toei Oedo Line)

- 8 minutes on foot from A-3 exit

D&E- Shibakoen ramp (Metropolitan Expressway)

- 2 minutes by car

【Tokyo Tower】

15min. from the Hotel on foot.

【Zojoji Temple】

10min. from the Hotel on foot.