

ZEN CLASS ONLINE 2020-21



ZEN class will be held only online from Friday, December 18.
The program is on air on our official Facebook page.
For the refreshment, shall we share the calm and peaceful time
together with Zazen?
Any person will be welcomed.
<https://www.facebook.com/InternationalDpt.SotoZenBuddhism>

[DATES]

[2020] 12/18

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

[SCHEDULE]

17:00 - 18:00 (JST)

- Introduction
- Zazen 2 periods
- Short Break (Walking Zazen), included

[LEADER]

Rev. Hojun Szpnar



For more information,
please find us on Facebook.

