

Admission Free

# ZEN class 2026

## DATE & PROGRAM

6:00pm-7:00pm

2026

2027

Dharma Talk(15min)

April 7 (Tue)

Jan 14 (Thu)

Zazen(40min)

May 28 (Thu)

Feb 2 (Tue)

Kinhin(5min)

June 2 (Tue)

Mar 25 (Thu)

Tea Time(7:00pm~)

July 9 (Thu)

Aug 19 (Wed)

Sep 15 (Tue)

Oct 21 (Wed)

Nov 26 (Thu)

Dec 17 (Thu)



Guiding Teacher  
Rev. Hojun Szpunar

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)



Live Streaming



Website



Tokyo Grand Hotel 5th  
Floor  
2-5-2  
Shiba, Minatoku, Tokyo  
105-0014 Japan  
kokusai@sotozen.jp

