

ADMISSION
FREE

ZEN class 2025

DATE & PROGRAM

2025	2026
4/24, 5/22, 6/3, 7/24, 8/28, 9/17, 10/16, 11/20, 12/16	1/22, 2/25, 3/26

6:00pm - 7:00pm

Dharma Talk (15 min)

Zazen (40 min)

Kinhin (5 min)

Tea Time(7:00pm~)

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.



Place
Tokyo Grand Hotel



Guiding Teacher
Rev. Hojun Szpunar



Tea Time

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