

# ENGLISH GUIDED

# ZAZEN

## JANUARY 18 (SAT)

### SCHEDULE

PM 1:00 – 1:30 / Meeting at the reception desk

PM 1:30 – 2:15 / Zazen (instruction in English)

PM 2:15 – 3:00 / English guided tour of Sojiji

**FURTHER INFORMATION:**

<http://www.sojiji.jp/english>



**Sōtō Zen Buddhism Sōjiji Head Monastery**

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