

# Zazen (Sitting Meditation、坐禅)

Date: February 17, (Saturday) 2024

Place: 東光禅寺、Tokozenji,

[www.tokozenji.or.jp/english](http://www.tokozenji.or.jp/english)



- 12:30 Meet at Keikyu, Kanazawabunko Station Ticket Gate
- 13:00 Leave Station for Tokozenji on foot
- 13:20 – 14:40 Zazen (Two zazen sessions are scheduled and a pleasant talk with the chief priest while drinking tea)
- 14:50 Move to Teko Shrine on foot
- 15:10 Arriving at Teko Shrine
- 15:20 Leave Teko Shrine for Keikyu, Kanazawabunko Station Ticket Gate
- End of the program

Fee: ¥1,000.- (¥500.- for Temple and ¥500.- for YKCGA including insurance)

Limited to 20 participants

Dress code: Please wear modest and comfortable clothing.

The program will be cancelled in case of stormy weather.

Please be sure to bring earphones(φ 3.5mm, for one ear).

Please apply through our web site by Feb.7.2024



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