

Zen Day

17 March 2019



Welcome to our Zen Day in Zen Center Berlin on Sunday, 17 March 2019 9am-4:50pm.

We will practice Zen meditation: sitting, walking reciting sutras.

Please arrive until 8:45am. If you would like to join for only half a day you can also leave or arrive between 2pm and 2:15pm.

Please register at least 4 days before the Zen Day by writing to berlin@kwanumzen.de or by putting your name in the registration list which you find at the kitchen door in the Zen Center.

There will be a lunch brake during which you can go to one of the restaurants close to the Zen Center or just bring something for lunch for yourself.

Attendance fee is 10€ which can be paid on arrival.

If you have any questions, please just write us to berlin@kwanumzen.de

