

ONE-DAY MEDITATION RETREAT (ZAZENKAI)



***April 20, 2019
10 am — 5 pm***

Soji Zen Center's monthly one-day retreat (zazenkai) is a great way to experience a short, intensive meditation retreat. The day consists of zazen (seated meditation), kinhin (walking meditation), dokusan (interview) and samu (work practice). Suggested Donation: \$10.