

# ***ONE-DAY MEDITATION RETREAT (ZAZENKAI)***



**September 21, 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) and Kinhin (walking meditation). You are welcome to come for the entire day or any portion of it. Please bring your own lunch. Registration is not required.

Suggested Donation: \$10.