

Initiation to Zen

Wednesday 11 October - 19h30-22h
Saturday 14 October - 9h30-12h

Programme

- Initiation in the posture
- Zazen (zen meditation)
- Presentation about the practice

*Absorbed in the posture of zazen,
naturally, spontaneously and unconsciously,
we give freedom to all things*

Contribution 10 euro
Registration: info@zendojoleuven.be

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