

Introduction to Zazen

for persons with physical disabilities



Friday 11 July - 14:00-16:00

Hotel Middelpunt - Westendelaan 37, Middelkerke (BE)

14:00 Welcome

14:15 Introduction to zazen (zen meditation)

15:00 Testimonial by a practitioner

15:15 Presentation retreat in Middelkerke, nov. 2025

Participation is free of charge

Registration is required: info@zendojoleuven.be



www.zendojoleuven.be

v.u. ZBCL vzw nr. 0.836.905.409 – RPR Leuven



Hotel Middelpunt ***