

ZEN



Meeting with the monk Kosho, zen master, 84th patriarch of transmitted Buddhism

WEEKEND SESSHIN

with

ZEN MASTER KOSHO

Dharma talk /
lecture

MANAGEMENT of EMOTIONS
inside and outside the meditation experience

15 FEB 20;00

INTRODUCTION to ZAZEN
essence of zen practice

16 FEB 20;00

HOW TO PREPARE for a SESSHIN
zen practice retreat

SAT. 17 FEB &
SUN. 18 FEB

1 1/2 DAY ZEN MEDITATION

REGISTRATION & INFO:

zendojoamsterdam.nl



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