

ZAZEN in English

Kenchoji, Kamakura

For international residents, students and tourists

Schedule for 2025-26

1:30pm - 3:30pm (Reception open from 1pm.)

- | | |
|-----------------------------------|------------------------------------|
| ① 26 th May (Mon.) | ② 10 th Oct (Fri.) |
| ③ 7 th November (Fri.) | ④ 24 th February (Tue.) |

Zazen (literally "seated meditation") is a meditative discipline that practitioners perform to calm the body and the mind. Practitioners attempt to concentrate enough to experience insight into the nature of existence and thereby gain enlightenment. Zazen helps generate the energy to be aware and awake to the present moment. It is the continuous practice of touching life deeply in every moment. Zazen practice is therefore the passage to mindfulness. In this session, we would like to help you experience the practice of Zazen or Mindfulness. Mindfulness is not something you study at a desk, but a practice available to you anywhere. So, just feel it!



At the Kenchoji zazen program, we provide an easy to understand explanation of the basics of zazen in English. Chairs are available for those who may have difficulty sitting cross-legged on the Zabuton (cushions for Zazen). The program includes a brief orientation, three zazen sessions (15 mins. each) and a Q&A session afterwards with refreshments.

- **1,000 JPY admission fee, plus ¥500 Kenchoji entrance fee.**
- **For the reservation, please send application form on the back by fax, or send an email to zazen-english@kenchoji.com with your name, nationality and the date you wish to participate.**



Place: Kenchoji
8 Yamanouchi, Kamakura-shi, Kanagawa
Tel: 0467-22-0981 Fax: 0467-25-6316 Email: zazen-english@kenchoji.com
15 mins. walk from Kita-Kamakura Station, JR Yokosuka Line.

Application for Zazen sessions in 2025-26

Please send this application to Kenchoji
FAX No. 0467-25-6316

Please mark

26th May (Mon.)

10th October (Fri.)

7th November (Fri.)

24th February (Tue.)

13:00 Doors open
13:30 Explanation, 3 sessions
 *15-20 mins each + walking meditation
15:00 Q&A over tea, *Talking session
15:30 End

Your Name : _____

Nationality : _____

Your Contact Information in case of emergency :

(Telephone number, Email, Fax number etc.)
