

# ZAZENKAI

Sunday, March 8, 2026 9 – 16.30

Welcome!

Location: In the zendo of the Zen Sangha,  
Elyzeese Velden 10 B, Ghent

Cost: € 40 - € 60 / € 20 students or lack of means  
(included for those with regular monthly contributions  
to no mind zendo)

Tea, coffee, soup included. Bring your own picknick or  
something to share.

Please register with Sensei by mail or whatsapp.

## tentative SCHEDULE

9.00 zazen  
(three periods of sitting with kinhin/ walking inbetween)

11.00 tea / coffee

11.30 zazen & teisho (dharma talk)

13.15 lunch  
clean-up, samu, break

14.30 chanting service, zazen and daisan

16.30 closing