

Online Zazen Workshop



Zazen is a meditative discipline that is typically the primary practice of the *Zen* Buddhist tradition. In this workshop, you will learn how to do *zazen* with students of Ibaraki University, Japan as well as students of its partner's universities all over the world.

The workshop is led by the deputy chief priest of Gion Temple (Soto School) in Mito, Japan.

After the *zazen* experience, ZOOM breakout sessions will be held to encourage interaction among participants.



Schedule of the Event (Japan Time)

21:00~22:00 Experiencing *Zazen*

22:00~22:45 Breakout Session

Date: Saturday, October 31, 2020

Time: 21:00~22:45 (Japan Time)

Location: ZOOM, Video Conference System

We will send you the link of ZOOM to the participants.

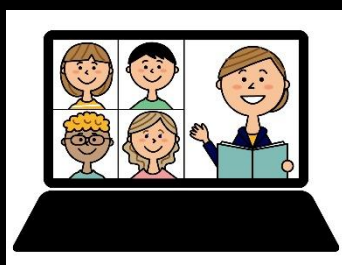
Registration: Please register [here](#) for the event.

Target: Students and faculty/staff members of Ibaraki University and Universities affiliated with Ibaraki University

Languages: Japanese and English

Participation Fee: Free

Contact: Masaki Seo (masaki.seo.ms@vc.ibaraki.ac.jp)
Center for Global Education, Ibaraki University



Our Plan in the Future

We will be organizing an *origami* workshop in December and a *furoshiki* workshop in February.

We will update you the information shortly.