

Regulate your breath to obtain

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peace of

mind & heart.

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こころが静まる



# The Circle of ZEN 坐の禅会

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Leader; Sr, Yoshiko Aoki rscj  
(Licensed Zen-teacher & Clinical Psychologist)



Anyone can practice Zazen. Zazen is a way to know yourself.

Zazen does not require any particular religious faith.

By concentrating on your breathing, you gain peace of mind and heart.

We start with the breathing exercise known as "Su-Soku-Kan"(counting the breath)

Once you master this breathing exercise, you can do it even by yourself at home.

There is no fee , so please come and join us for Zazen Sitting.

Time :

**Every 2nd & 4th Tuesday**  
**From 5:00~6:00PM**  
(two 25 minute sittings)

Place :

**In the Chapel of the Sisters of the Sacred Heart**  
**(#3 Convent Building)**

Located on the campus of the University of the Sacred Heart  
(Use the interphone at the entrance)

Question? : [yaoki@m5.dion.ne.jp](mailto:yaoki@m5.dion.ne.jp)

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Facebook : the circle of zen

