

Rabbit Moon Zen

Welcome to Rabbit Moon Zen!

We are a zen group in the Soto tradition, specialising in Shikantaza zazen and it's integration in our daily lives.

All levels of experience are welcomed, especially beginners.

The zazen practice can be performed seated in a chair (provided) or feel free to bring your own zafu (sitting cushion) or a rolled up sleeping bag if you want to try kneeling/lotus positions.

Payment will be by donation and will be used solely towards room hire and group expenses.

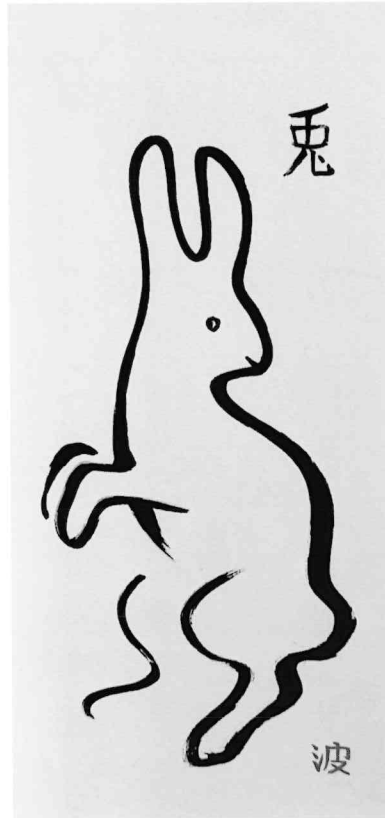
Basic instructions will be provided at the email below, or please ring for an introductory chat.

Otherwise feel free to drop in at either of our sessions.

Ryokudo Cross 07714 202672

Rabbitmoonzen@gmail.com

Facebook: Rabbit Moon Zen



When and Where

Weekly Zazen Meditation Group
Commencing 11 June 2024
Every Tuesday 19:30 - 20:30
Unitarian Meeting House
15 Bridge St, Framlingham, IP13 9AJ

Commencing 1 June 2024
Saturdays 16:00
Relaxed Meetups to chat about Zen and
hangout
Two Magpies Bakery
27 Market Hill, Framlingham, IP13 9AN