

every Saturday 6 p.m. to 8 p.m. (occasionally canceled by unavoidable reason)

## zazen, chair zazen

sutra recitatio

## sutra copying, chair sutra copying

first time participation fee 500 yen annual fee 1,000 yen

\* to the participants of sutra copying, the costs of sutra copying paper, etc.

are charged separately.

We recommend our zazen, sutra recitation or sutra copying to the people such as:

Ointerested in zazen, sutra recitation or sutra copying;

Oof lack of exercise;

Oof sleep shortage;

Owant to train the breathing;

Owant away from a cellular phone, a personal computer or a television;

Ointerested in the nature.

Please contact with Reito-ji to participate.

Contact phone number +81-(0)197-56-5017

\* Please be care not to dial the wrong number.