



Come and practise **ZAZEN** (Zen meditation).

We meet every **Tuesday at 7.15pm** (-8.45) ...you can come either **in person** or **online Zoom**. Instruction can be given!

We are the '**Boundless Hove Zen Sangha**' which is part of the '**Wild Goose Zen Sangha**'. The group is led by **Dheeresh Shinkai Turnbull, Sensei**, a Zen monk and teacher in the **White Plum Zen Asanga**. Contact **Dheeresh** on info@learningtoplayyourmind.com for more information.

We also have regular **sesshins** (retreats).



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