

Hyde Park Zen



Hyde Park Zen is a meditation group that meets weekly to sit for 30 minutes of zazen meditation, followed by a dharma talk from a rotating schedule of Buddhist priests and practitioners with time for open discussion.

We are affiliated with Ancient Dragon Zen Gate, a Soto Zen temple in the Shunryu Suzuki lineage. Our practice of zazen meditation is based on the idea of “just sitting” and “enjoying your breath”. We are open to meditators with all levels of experience -- if you’ve never practiced zazen, or simply would like a brush up on how it is practiced, please reach out to us for a brief introduction!

WHEN: Wednesdays, 6pm - 7:30pm on Zoom

FOR MORE INFORMATION: Contact a.peltz96@gmail.com or visit ancientdragon.org

Hyde Park Zen is presented jointly by the Office of Spiritual Life and Ancient Dragon Zen Gate

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BUDDHIST MEDITATION