

A sepia-toned photograph of a bare tree in a field with a distant building.

London Zen Group - LZG

Autumn Zen Day

with Zen Teacher Hōsei Lana Berrington

*October 11th, 2025
Highbury Round House Community Centre*

Autumn Zen Day

Led by Zen Teacher Hōsei Lana Berrington

Saturday, October 11th, 2025

09:00 to 17:00 (zazen starts at 09:15)

Highbury Round House Community Centre

71 Ronalds Road, N5 1XB

Meditation cushions (zafus) and ground mats (zafutons), will be provided. This day of practice will also include a formal zen-style meal, eaten from a bowl.

Please bring:

Comfortable dark clothing

Eating bowl with covering cloth and spoon / chopsticks

Coffee cup

Those who have never done silent meditation in the Soto Zen tradition (zazen) should come for an introduction at the Caledonian Road Dojo - Basement, 486 Caledonian Rd, London N7 9RP - on a Monday or Thursday evening before the event.

Pricing:

- Supportive £40

- Baseline £30

- (Further concessions are available - please contact events@zeninlondon.org)

Please register on the website at: www.zeninlondon.org, where you can find additional information and arrange to attend an introduction.

On the day following this event on October 12th there will be Jukai (Precepts) ceremony at the North London Dojo at Caledonian Road with limited spaces. If you wish to attend this ceremony as a guest also please contact the events@zeninlondon.org.