



Welcome to the Glasgow Zen Group

You can find out more about [Glasgow Zen Group](#) on our page, which also gives [Emails](#) to contact us. This site, with [Scottish](#)



On the other hand, if you [would like to attend](#), we invite you to do so.

If you are interested in knowing [these pages](#) about Zen, Other materials [Dogen](#) and

[Buddhism as a whole](#)

Please have a look at our section of [Kusen](#) , [Koan commentary](#) and [Poetry](#) .

Please read a brilliant [essay by Issho Fujita on posture](#) from Dharma Eye.

Event update

Introductory Half Days

In Spring 2020 we have Introductory half days on Saturdays at 10:30 to 13:00 on the following dates at Kagyu Samye Dzong:

11 January

8 February

11 April

9 May

13 June

Please come and join us, suitable for those new to zen, as well as existing group members. There is no need to book, but if you have any questions about these events please [contact us](#) .

Chanting Group

Meet on the first Sunday of each month at 12.30pm - 2pm at Kagyu Samye Dzong.

More info: <http://www.glasgowzen.com/gzg/events/chanting-group>

Social Media

Glasgow Zen Group Facebook: <https://www.facebook.com/glasgowzen/>

Glasgow Zen Group Instagram: <https://www.instagram.com/glasgowzen/>