

In addition to our regular sittings at Rokpa House (Kagyü Samyé Dzong), the Glasgow Zen Group organises longer Sesshins, as well as Study Days. Please use the links on the left to find out when the latest events are taking place.

## Regular Sittings

When

Tuesday

18:45 (18:30 for posture / about)

Saturday

08:15

Sunday

07:45

Where

[Rokpa Glasgow](#) (Kagyu Samye Dzong)

7 Ashley Street

Glasgow

G3 6DR

Scotland

## Event update

From autumn into winter 2019 we have Introductory half days on Saturdays at 10:30 to 13:00 on the following dates at Kagyu Samye Dzong:

28th September

19th October

9th November

21st December

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](#) .

## Sitting Updates

Please check here for updates for any cancellations of sittings. There are currently no cancellations of sittings.