



Welcome to the Glasgow Zen Group

You can find out more about [our group](#) on our page, which also gives [events](#) for the next few months, and [links](#) to other resources.



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

If you are interested in knowing [more 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.