

Zazen Presentation



Presenter Howard Lazzarini

Graduating with Honors from UC Berkeley with a degree in Japanese Language and Literature in 1978, Mr. Lazzarini lived in Kyoto for 12 years, lecturing at Doshisha Women's College. He studied under Soto Zen Master Kosho Uchiyama Roshi at Antaiji temple.

The presentation aims to share Mr. Lazzarini's unique perspective on the life and legacy of a prominent Soto Zen master, offering valuable insights into his teachings and their enduring influence on the Zen community.

Zazen is a seated meditation practice that is a central part of Zen Buddhism. It's a tradition that originated with the Buddha and has been practiced for over 2,500 years. The goal of zazen is to achieve enlightenment, and it's said to transform the mind, heart, and life.

- 2 p.m. Tuesday, Feb. 18, 2025
- Japanese Cultural Resource Center, 905 Wetmore Ave., Everett
- Questions? Contact Mayumi N. Smith at mnsmith@everettcc.edu or 425-388-9380.
- Free! But space is limited. Register online:

