

Centres

The White Wind Zen community has four centres providing a venue for authentic Zen practice which are all maintained under the direction of Zen Master Anzan Hoshin:

[Zen Centre of Ottawa \(Honzan Dainen-ji\)](#)

[Guelph Zazenkai](#)

[Wolfville Zazenkai](#)

[Harrow Zazenkai](#)



Zen Centre of Ottawa (Honzan Dainen-ji)

The Zen Centre of Ottawa is the main centre and training monastery of the White Wind Zen Community. Located in a 9,700 sq. ft. heritage building in Ottawa's Sandy Hill district, the Zen Centre, also known by its monastic name, Honzan Dainen-ji, provides an environment for authentic monastic and lay Zen practice. The main practice areas of the monastery include the first floor Zendo, second floor Hatto (Dharma Hall), a Shuryo (Study Hall) with a large library, Undo (Cloud Hall) for public retreats and residential training in the completely refurbished basement, and space for monastic and lay residents on the third floor.

[View daily schedule](#)

240 Daly Avenue

Ottawa, Canada

K1N 6G2

613-562-1568

[Contact by email](#)

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Guelph Zazenkai

The practice hall of the Guelph Zazenkai is now located close to the the city centre and is more accessible to practitioners. This replaces the Guelph Barndo which was located on a farm at the outskirts of the city and had been established in 2013. The Zazenkai now has a “sho” (brushwork) from the Roshi as well as further practice materials from Honzan Dainen-ji in Ottawa. Anyone wishing to learn to practise mindfulness through zazen, kinhin, and other traditional Zen practices or Dharma students visiting the area can schedule a meeting with Ven. Chunen Rampal angya by sending an email to info@wwzc.org Apartment 102, 351 Eramosa Road Guelph Ontario. N1E 2N1

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Wolfville Zazenkai

In August 1990, Michael Zenki Hope-Simpson (now anagarika) received authorization to establish a branch practice group in Wolfville, Nova Scotia. The Wolfville Zazenkai (“gathering together for zazen”) provides an opportunity for branch members to participate in the foundations of mindfulness practice and possibly to prepare for more intensive training at Dainen-ji. Sittings are held twice weekly, on Thursday nights and Sunday mornings at our Knowlan Mountain Zendo located a few miles outside of Wolfville. The Zendo features a beautiful Mu sho brushed by the Roshi on translucent plexiglass that hangs in front of a window above the Butsudan.

[View daily schedule](#)

382 Knowlan Mountain Road RR #1

Wolfville, Nova Scotia

Canada

B4P 2R1

([902-385-2219](tel:902-385-2219) or ([902-691-4286](tel:902-691-4286)

[Contact by email](#)

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Harrow Zazenkai

The main activity at Harrow Zazenkai is sitting – zazen. And in this context we also unfold the forms of kinhin, chanting, listening to teisho and dharma talks. We have General Sittings on Monday evenings and

Formal Sitzings on Tuesday, Wednesday, Thursday and Sunday mornings and Friday evenings. Practice interviews are regularly available with Dharma Teachers and practice advisors at Dainen-ji by telephone and email. We also have the opportunity for face to face interviews with visiting practice advisors. Other sitting times and instruction in sitting posture are available by appointment. If you are interested in practicing at Harrow Zazenkai, please [contact us](#).

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From Canada 01144-208422-9757

View [Harrow Zazenkai](#) in a larger map