

Contact

For More Information

For information about Long Distance Training Program: please first read [this information](#) before contacting us.

For information about the Introduction to Zen workshop: please first read [this information](#) before contacting us.

Centres

Main monastery of the White Wind Zen Community:

Zen Centre of Ottawa (Dainen-ji)

240 Daly Avenue, Ottawa, Ontario, Canada K1N 6G2

613-562-1568

Branch Centres : To learn about practising at branch centres, please email us through the Contact Form below.

Guelph Zazenkai

Apt. 102 - 351 Eramosa Road, Guelph, Ontario, Canada N1E 2N1

Wolfville Zazenkai

P.O. Box 96, Wolfville, Nova Scotia, Canada B0P 1X0

902-542-2217

Harrow Zazenkai

Flat 3, 4 Stuart Avenue, South Harrow, Middlesex, England HA2 9BB

Calling from within the UK: 020-8422 9757

Calling from Canada: 0044-8422 9757

Contact Us

Your name

Your email

Department

 ▼

Subject

Your message (optional)

Δ