

Meditation Groups



Haus Tao Meditation Group Mönchsdeggingen

Place: Schreinerei Kraler, Hochweg 2, 86751 Mönchsdeggingen

Time: Every Tuesday 19.30 - 20.45 h

Opening at 19.15 h

The small but wonderful temple in Mönchsdeggingen is the first branch temple of the Sati-Zen-Tradition Haus Tao. It is run by Ulrike and Klaus Kraler.

Meditation cushions are available. On holidays there is no meditation.

What we do: Sitting (25 minutes) - walking (10 minutes) - sitting 25 minutes; followed by having

tea together.

Once a month there is a day of Zazen. Please ask for information: Branch Temple An Tao.

How to get there:



- [Mobile](#)
- [Print](#)
- [PDF](#)
- [Deutsch](#)
- [Impressum](#)

