

Japanese Way of Working series Zen Meditation Experience!



🕒 60min 💰 20,000~(p.p) 👤 From 2 people

Culture

What is Zazen?

Zazen (meditation) is a fundamental method of training in Zen Buddhism, in which one meditates sitting with correct posture & learns to control breathing. This helps to reduce everyday stress.



🕒 Tour Times

Tues : 17:30 Fri : 20:00
Sat : 16:00 Sun : 06:30

Highly Recommended!

- 1 I'd like to improve my concentration!
- 2 I'd like to reduce my stress!
- 3 I'd like to calm myself down!

Activity Schedule & Content



① How to Sit

The basics of harmonizing your posture, breathing and mind.

② Dress

Loose clothes are desirable to wear, like a "hakama". Please wear clothing which is easy to sit down in such as a loose pants and jersey.

③ Breathing

It is not necessary to breathe deeply at first. Start off breathing naturally. This will become deeper as the meditation progresses.

④ Key Points

Seated Posture
Lecture
↓
Change into
"Hakama"
↓
Drink Some Green
Tea



Teacher : Shinin Ogata
Ogata Sensei has been a recognized teacher of "Houkouan" Zen meditation since 2012. He has taught meditation to more than 1000 people.

Reservation accepted up until
7 days before

Rule-A

Code : A-01