



Relaxation #09
Power Spot



Tera Cafe Syu-un

Theme Introduction to Zen

You need not go far away to be impressed. Just go a little further into the depths. Deep along the trails of Mt. Hinode spectacular views await.



An introduction to Zen awaits in Tama. Unlock greater depths of YOUR MIND.

"Zazen" is training unifying spirit with correct posture and breathing. At the temple, beginners will be thoroughly taught.



Focus on one point
with eyes half open.

If you drop your eyes on the ground 1m away,
you will naturally become "half-eyed".
Just fix your gaze on a point.



How to position
your hands?

The method is to lightly squeeze
the left thumb which is called "shashu".
Relax your shoulders.



"Get a sword with a guard"

If you feel disturbed,
have them hit your back.
Gasho is the signal.



Breathe with
the whole body

Be aware of the area under your navel
and breathe deeply while counting.
The trick is to stretch your back
and exhale.



How to cross your legs?

Basically, "Kekkafuza" is
supported by three points,
both knees and buttocks.
You can sit cross-legged
without overdoing it.

Hinoharamura

Tera Cafe
Syu-un
(Gyokuden Temple)

Meditate on the veranda
overlooking the zen garden.
Matcha, seasonal sweets
and a lunch are available
(Reservation required)

☎ 042-598-6332

🏠 1705 Henbori, Hinohara
🕒 Reception 7:00-9:00 (Cafe
11:00-16:00) / Held on the 3rd
Sundays. (Reservation
required)



Sutra
copying
etc.

Chofu Kohaku Nikkoin
Gionji

An old temple that appeared in the story of
"GeGeGe no Kitaro." Sutra copying sessions
and other events are held on the second
and fourth Sundays of every month.

☎ 2-18-1 Sazu, Fuchu

🕒 Reservation required; <https://gionji.or.jp>



Kare-
sansui

Ome Gyokudo
Art Museum

Enjoy the mystery of the stonework
garden amidst the mountains. A wide
range of works by Kawai Gyokudo are
exhibited in the museum.

☎ 0428-78-8335 🏠 1-75 Mitake, Ome

🕒 10:00-17:00 (-16:30 from December to
February) / Closed Mondays (the next day
if Monday is a public holiday)



Shojin
Meal

Koganei Sankoin

You can enjoy "Takeno Goshoryu Shojin ryori",
which is rich in seasonal flavors, on a monthly
basis. There are also cooking classes,
calligraphy, and Zen lessons such as Shabutsu.

☎ 042-381-1116 🏠 3-1-36 Honcho, Koganei

🕒 Reception at 12:00 / Closed Mondays, 3rd
Wednesdays, and 4th Fridays (Reservation
required)