



Relaxation #10
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.
Gassho 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

☎ 042-598-6332 🏠 1705
Henbori, Hinohara ☉ Reception
7:00-9:00 (Cafe 10:00-16:00) /
Held on the 4th Saturdays and
Sundays. All year around
(Reservation required)



Zazen

Chofu

Kohaku Nikkoin
Gionji

How about a Zazen experience at a quiet
temple surrounded by greenery. The
preaching and sutra reading experience
by the 91st priest is also attractive.

🏠 2-18-1 Sazu, Fuchu
☉ Reception from 11:00, 13:00, 15:00
(Reservation required) <https://wasabijp.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)