

Japan's Zazen is a form of mindfulness training through meditation.  
It requires no religious affiliation.

Silent Illumination (called Mokusho in Japanese) is a type of Zazen developed by the Sōtō school of Zen Buddhism. It involves clearing your mind and sitting in silence. For many Buddhists, mindfulness through Zazen meditation is an integral element of ascetic practice and the path to enlightenment.

Now, Shōkō Temple invites you to experience Zazen meditation first-hand in the lead-up to the 2020 Tokyo Olympic and Paralympic Games.

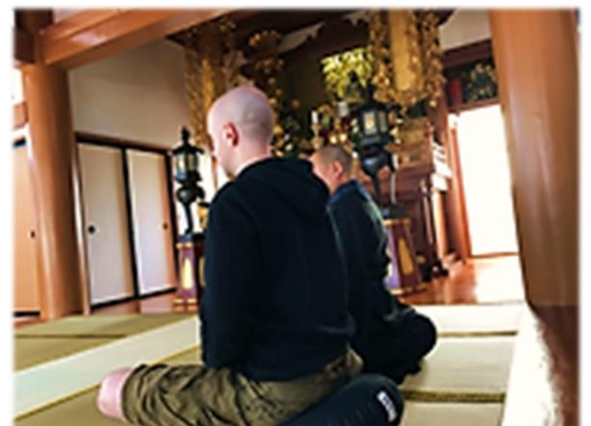
ZAZEN

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Zazen meditation is practiced at temples affiliated with the Zen Buddhism. There are various schools of Zen, including Sōtō, Rinzai and Ōbaku. Shōkō Temple is a Sōtō Temple built in 1582.

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If you, your family, friends or team is interested in participating in a Zazen meditation session at Shōkō Temple, please contact us at the website below. These sessions are advance-booking only, so please let us know your preferred times and the number of attendees, and feel free to ask us any questions.

Note: Unfortunately, we are unable to take phone inquiries in English (phone inquiries in Japanese are OK). For any inquiries in English, please contact us via email.

We are also collaborating with massage professionals who will be available to provide sports massage to team members while other members participate in mediation session.

Session Duration: 20-50 minutes

For participants who prefer to use a seat rather than the traditional floor cushion, we provide seats.

Website address: <http://www.sotozen-net.or.jp/propagation/zazentop/saho>