

心技体 Human skill 体験



Experience the Spirit, technique and human skill

Date and time: Every Tuesday and wednesday
Time : 10:00-- 18:00
Venue: Temple in tokyo and Flux cafe
Minimum no. of person: 4 persons
capacity: 6 persons
Instructor's guidance :

- 10:00 - 10:45**
 - Zen meditation explanation and Zen meditation
 - Short description and transcription
 - Keiseki vegetarian cuisine lunch
- 15:00-- Karate Experience**
 - Karate lecture
 - changing karate dres
 - Karate demo by instructor
 - Karate Experience



FLUX CAFE

Bilingual: English/Japanese
Remarks : Karate Present