

MINDFULNESS RETREAT IN JAPAN

Co-Sponsored by
Senzoku Mental Clinic and
Resilie Laboratory

* Measures to prevent COVID-19 are taken into consideration.

Program (subject to change) :

Day 1:

- Mindfulness Eating – Lunch
- Mindfulness walk on the beach
- Dinner: Mindfulness Eating – traditional Japanese KAISEKI dinner
- After dinner: Mindfulness and ZEN meditation practice

Day 2:

- Morning: Zen Mindfulness on the beach
- Japanese breakfast
- Mindfulness Walking through Ancient Capital
- Private Tour of Kenchoji Zen Temple

* Oceanview Rooms

* Onsen (hot spring) available

~Enhance your Resilience in the country of Zen while staying in the Ancient Capital of Japan~

Mindfulness Retreat in JAPAN

- Focus will be on serenity and resilience
- Mindfulness sessions led by Dr. Taishu Kawano, the only Zen Priest in Japan who is also a Licensed Psychiatrist
- Stay 1 night and 2 days in a Ryokan (a traditional Japanese inn) in the 12th century capital of Japan, KAMAKURA, 40 miles outside of TOKYO

Date: 2023.11.29-30



Fee : 100,000 Yen (plus 10% tax) for a single.

90,000 Yen (plus 10% tax) per person for double occupancy. Lunch and dinner on Day 1 and breakfast on Day 2 are included.

Max capacity : 10

Registration:

<https://jp.surveymonkey.com/r/QQKL5QF>

ACCESS QR code from here→

Contact : info@resilie.co.jp

About Resilie Lab: <https://resilielab.org/en/>

or/en/

Venu.: KKR Kamakura Wakamiya



Instructors:



LECTURER

Taishu Kawano, MD

Priest of Rinkoji Temple, Kenchoji School of Rinzai Zen Buddhism. Psychiatrist and Psychosomatic Physician, Vice President of RESM Shin-Yokohama Sleep and Breathing Medical Care Clinic.

After working in psychiatry, he entered Kenchoji ZEN temple as an apprentice for three and a half years and became the priest of his family's temple, Rinkoji, in 2014. In addition to his temple duties, he focuses on the promotion of mindfulness through medical practice and lectures.

FACILITATORS

Kenji Shigemori, MD

Director, Senzoku Mental Health Clinic. Dr. Shigemori is an Occupational Mental Health Expert. After working for the Ministry of Health, Labor and Welfare, National Kurihama Medical Center, he became the occupational mental health physician for corporations such as Toshiba and TV Tokyo.

Kaoru Ichikawa, Ph.D

Dr. Kaoru Ichikawa has a Ph.D. in Preventative Medicine and introduced the concept of Resilience to Japan after the Great East Japan Earthquake of 2011. She is a pioneer of employee-wellbeing, EAP, and resilience in Japan and Asia-Pacific.