

Business Events 『Be+』 Unique Service Menu

Category	Mix	Basic Ninja/Samurai Workshop: Applying Understanding to Business
Field	Japanese Culture	

In today's world of business, keywords such as "Zen," "mindfulness" and "meditation" are used more frequently as increasing attention is paid to spiritual issues. In Japan, exercises to improve powers of concentration and meditation for the purpose of looking inside oneself have been practiced since ancient times. Through this program, participants will have the opportunity to learn about ninja culture and background, and ninja philosophy, from the Edo covert agents the Musashi Clan, descendants of ninja who were employed by the Edo shogunate. Participants will also be able to experience techniques such as meditation that were part of the ninja daily training regimen. These activities will all provide insight into how calmness, introspection and relaxation

Price (JPY)	350,000	Language	English	Venue	Tokyo area
Capacity	10	Program duration	90 min.		

*Reservation required

From the 12th through the 19th centuries, during which time many wars occurred, there was in Japan a group employed by feudal and vassal lords which was responsible for collecting information from other lands. They subsequently became known as ninja. As they directly collected information related to the survival of the country, ninja were required to undertake physical training and learn techniques, sharpen their senses, and possess mental toughness to overcome adversity. How does one acquire the physical and mental toughness? The ninja philosophy and training methods provide insight into this. Through this program, from the Edo covert agents the Musashi Clan, descendants of ninja who were employed by the Edo shogunate, who still today continue these practices, participants can learn about ninja culture, background and mysteries. Gaining an understanding of these things will enable their application to modern-day life and to succeeding in business.



【Notes】

- Please wear comfortable clothing.
- You may be asked to remove your shoes during the program.
- You may be asked to sit Japanese style during the program (not a requirement, please participate if you are able).
- Gifts provided.
- Payment required in advance.
- Venue fees charged separately.

【Schedule (sample)】



- Change to a ninja outfit
- Meditation and Kujikiri
- Embu - Dedication to our ancestors
- What's Ninja (Lecture)
- Ninja Philosophy
- Ninja weapons (Lecture)
- Shuriken weapons (Experience)
- Ninja Meditation (Experience)
- ① Nine symbolic cuts ② Breathing method ③ Awareness
- Ninja Concentration
- Ninja Self-Control (Lecture)

Contact

Business events 「Be+」ohuchi@kokoropro.com | event.kokoropro.com