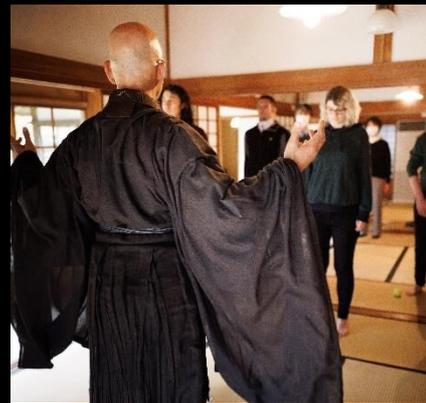


Zen AM

by Issho Fujita

Live and breathe zen, this morning

Issho Fujita is a Zen practitioner, author, translator, and embodiment of Zen, known for his unique and entertaining zazen (zen meditation) instruction. After teaching Zen for 18 years at various universities and meditation centers in the U.S., he continues to host experimental zazen sessions throughout Japan, attracting attention from Japan and abroad. In a travel trade exclusive, Issho-san offers a holistic experience including mindful walking, body-mind coordination practice, zazen, and “Zen dining”. Not only will this deepen physical, mental, and spiritual fulfillment, but also it will help you get to the core of traditional Japanese culture and way of living.



Exclusive Program Features

- An experience in the home of Zen
- A unique and fun Zen experience that combines traditional Zazen with Somatic work.
- Learn how to walk, sit, eat, and breathe mindfully, and how to practice Zen at home.
- Time for valuable dialogue with Issho-san to gain awareness of what you need right now.



Kenchoji Temple setting

Here, you are invited to let go of the “baggage” you are consciously or unconsciously clinging to, to unshackle yourself and return to the bare essentials, and spend time living freshly in the “now”.