



Intimate, restorative and relaxing, the Japanese ancient practice of zazen will provide its practitioners with a unique, peaceful respite from the demands of daily life.

Zen, which was born in India, grew up in China, and blossomed in Japan, has influenced many aspects of Japanese culture, such as the traditional arts of Noh (Japanese traditional musical), Tea ceremony, Gardens, and Japanese Kaiseki cuisine. It has also been adopted the personal and professional lives of many high-profile figures in world-class business-leader and top-athletes. Seated Zen meditation, or zazen, as it is called in Japanese, is a form of meditation that is a means of achieving peace, clarity and self-discovery, all while sitting on a cushion. Bumyo Yamaoka, Chief Priest of Shitennoji Temple, the first Japanese temple build in Buddha's Law, and chief priest of Aizendo Shoman-in, will be the instructor for this class, which is open to beginners and experienced practitioners. Learn how to breathe, concentrate, focus, and engage in positive introspection. Why not start your day with this Zazen program at Osaka Marriott Miyako Hotel?

Class	Zazen meditation
Instructor	Bumyo Yamaoka, Chief Priest of Shitennoji Temple, and Chief Priest of Aizendo Shoman-in
Capacity	8 persons (In-house hotel guests only)
Place	20F Banquet floor
Date	Every Thursday and Friday
Start Time	8:30 a.m. - about 45 minutes
Fee	Complimentary
Reservation	E-mail or Phone: +81-6-6628-6111 (Please contact "At Your Service" from your room during your stay.) ✂Advance reservations are required by 5:00 p.m. the day before the class. (Reservations are accepted until the end of the following month)
Attire	Everyday clothes
Remarks	Please note that the class may be cancelled due to the instructor's availability