

Japanese Traditional Cultural Programs

◆ Dress in Kimono

Try on a real traditional *kimono*. *Kimono* is an internationally recognized symbol of Japan with a distinctive T-shape, wide sleeves and a sash called an *obi* that secures the silk gown around the body. *Kimono* is still commonly worn today on formal occasions like weddings and coming of age ceremonies. Both men and women are welcome to participate in this memorable cultural program.



◆ Tea Ceremony



The traditional tea ceremony known as *sado* expresses the Zen philosophy of living in the moment. An elaborate ritual performed in a peaceful setting, *sado* offers an exercise in contemplation and conversation as much as an opportunity for refreshment - exquisite utensils and bowls are employed to heighten the aesthetic experience, and sweets are served as accompaniments. You can participate in this program to experience a tea ceremony. The tea master will explain and demonstrate how to prepare a bowl of tea.

◆ Origami



Origami, literally meaning “folding paper”, is a traditional Japanese art. It is the art of transforming a flat square sheet of paper into a finished sculpture. You can create almost anything with origami from a simple airplane to flowers and animals. The most popular origami is probably the Japanese crane, which you may have seen before.

At the venue, you can make a colorful and original origami using traditional Japanese paper called *chiyogami*.