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*. 