



Zenbo Seinei

Enjoy a Zen meditation experience and healthy lunch at the Japan Standard Time Meridian amongst the great outdoors of Awajishima Island



This detox wellness retreat is based on the concepts of Zen. Zen, meditation, and food help adjust the balance of body and mind in just a short period of time. After the Zen activity, you can enjoy a healthy Zen priest's meal that balances the body to the core, including rice porridge, tofu, and Awajishima Island vegetables. Come for a mind and body healing experience among the seasonal scenery of Awajishima Island, stretching out in all directions as far as the eye can see.

Activity time: About 4.5 hours

[Schedule]

- Zen Wellness
- Zen priest's meal
- Zen writing
- Zen tea
- Zen fragrance

*Image is for illustration purposes.