



## Group Docent Tour/Tea Ceremony

### Apply for individualized group tour/tea Ceremony/Kimono wearing demonstration!

Organized group cultural programs with 5 or more people on reservations only and upon availability:

Any groups with 5 adults and more and choose from -

- Docent Guided Tour
- Tea Ceremony
- Tea Ceremony/Kimono wearing demonstration\*
- Guided Tour/Tea Ceremony/Kimono wearing demonstration\*

\*Kimono demo is upon availability only (For a group of 15 or more, we may be able to arrange a delivered Japanese Bento box lunches combined with the programs. Please inquire.)



For reservation, please email: [events@hakone.com](mailto:events@hakone.com) or call 408-741-4994 ext.103 (Event Office). 2 week advance reservation required.

<http://www.hakone.us/pdf/Hakone%20Group%20Tour.pdf>

## Seido Karate – for adults with Kyoshi Robert Henderson

Seido Karate is a traditional Japanese martial art. Founded by Grandmaster Tadashi Nakamura, Seido Karate embodies the principal of purposeful practice by combining the physical practice of the martial arts with the traditional respect for mental focus and spiritual training. Ongoing classes are open to students of all levels. Evening classes for adults

**Dates:** On-going Tuesday and Thursday sessions. Class starts on January 6th, ending on April 28<sup>th</sup>, 2011.

**Times:** Tuesdays at 6:30 pm - 7:30 pm and Thursdays at 6:30 pm - 7:30 pm

**Place:** Lower House overlooking the Zen Garden

**Fee:** \$35 per month

**Registration/ information:** Contact Robert at [Robert@norcalseido.com](mailto:Robert@norcalseido.com), [www.norcalseido.com](http://www.norcalseido.com), or by phone at 831-325-5007



## Tai Chi – The Art of Balance and Grace with Linda Scheer

This low-impact, meditative, and graceful form of exercise promotes strength, balance, relaxation, and health of the body and mind. It is a whole-body movement, benefiting all ages. Class covers Chi Kung warm-ups, basic

Principles of Tai Chi movement, the Tai Chi form, and Tai Chi philosophy. Linda has practiced Tai Chi since 1988; has been teaching since 1995. She has extensive background in yoga, meditation and education; has a current teaching credential, and a Masters in Vocational Rehabilitation.

**Date:** : On-going Thursday sessions from January 6 through April 29, 2011 (Except 2/17, 3/31)

**Place:** Meet in the Lower House

**Beginner 8 Week Series: May start at any time**

**3:45 – 4:45 Beginning Students**



### Introductory Offer: 2nd Class FREE

**Fee:** \$80/8week series; \$12 drop-in (Includes Garden Entrance)

**4:45 – 5:45 Intermediate/Advanced Students**

**Fee:** \$105/8 week series; \$17 drop-in (Includes Garden Entrance)

**Registration:** Contact the instructor prior to starting the class.

**Information:** Call Linda: 408 295-9439, e-mail [linda@xs.com](mailto:linda@xs.com)

<http://www.inscenes.com/lindascheer.shtml#.lindascheer>

## Watercolor a twice monthly, on-going series with Kay Duffy



Keep Painting in 2011! Resume the new year of classes with Kay. Explore and practice watercolor techniques, materials, and artful handling of various subjects with this excellent teacher. Each session includes a brief lecture, demonstration and critique. Emphasis is on individual assistance,

improving your painting and design skills and **having fun**. Students chose class subjects and may bring other work for critique.

**Date:** Every 2nd and 4th Monday morning

**Time:** 9:30 am to Noon

**Place:** Meet in the CEC Building (follow Kay's signs).

**Fee:** \$20 per class

**Registration:** Register in class.

**Information:** Call Kay 408 867-0508 or Gerry at 408 867-2634

\*\*See Kay's art work at Aegis Gallery Big Basin at 4th St. or visit her virtual gallery at [www.kayduffywatercolors.com](http://www.kayduffywatercolors.com)

## Collage

### with Kay Duffy Learn new techniques and approaches

Working with Kay, you will texture lovely Asian papers with watercolors using a special mono-print technique. These beautiful papers are then torn or cut and glued in abstract or impressionistic patterns. ("collage" means glue in French). Add your own meaningful clippings, words, or other "stuff" to your painting. Enhance and pull together your work with other water media, crayons, acrylic, etc. CREATE UNIQUE, PERSONAL WORKS OF ART and HAVE FUN.

**Date:** Saturday, April 16, 2011, 9:30 am – 3:30 pm

**Place:** Crafts Area. Follow the signs, past the picnic area to under the building.

**Fee:** \$50 includes a sample pack of papers and most of the supplies necessary for the workshop. (If you have previously taken the class you can continue work on your projects with Kay's assistance for a fee of \$40) Additional papers can be purchased as needed.

**Registration:** Your check is your reservation - class size is limited.

Send to Kay Duffy, 20637 Leonard Road, Saratoga 95070.

Please include an e-mail address. You will be sent confirmation and an information sheet.

**Information:** Call Kay 408 867-0508 or email [K@kayduffywatercolors.com](mailto:K@kayduffywatercolors.com)



Kay has recently been awarded 2 honorable mentions for collage pieces. You can see these paintings at her virtual gallery at [www.kayduffywatercolors.com](http://www.kayduffywatercolors.com).

Kay's art work can be found in Aegis Gallery, Big Basin at 4th St. in Saratoga and Los Gatos Museums Gallery, 245 N. Santa Cruz Ave. You are welcomed to visit Kay's studio by appointment.

## Japanese Tea Ceremony



### Introduction to the Tea Ceremony with Aiko Tauchi

Experience the Japanese ceremony with this classically trained tea professor in the beautiful tearoom of the Cultural Exchange Center.

Designed for organizations, school groups and individuals.

**Dates:** Every 1<sup>st</sup> Thursday of the month

**Time:** One hour program from 10:00 a.m. to 3:00 p.m.

**Reservation required:** Call Mrs. Tauchi at 408-867-9133 or e-mail: [hjtauchi@yahoo.com](mailto:hjtauchi@yahoo.com)

### Ongoing Series of "Urasenke" Tea Classes with Minako Tsuji

In the magic of Hakone Gardens, learn the Japanese method of serving and drinking tea and the spirit of "Wa-Kei-Sei-Jaku", a traditional ritual. Classes are held in the Lower House tearoom.

#### **Starting Dates:**

January 7, Friday from 9:00 a. m. to 1:00 p. m. or

January 8, Saturday from 9:00 a. m. to 1:00 p. m.

Students may attend either day and enter anytime.

**Location:** Lower house.

**Fee:** Contact Instructor.

**Registration & information:** Call Mrs. Tsuji at 408-226-0674 or email: [ctsuji@cheerful.com](mailto:ctsuji@cheerful.com). Please put "Tea Ceremony" in the title line.

### "Omotesenke" Tea Classes

with Sohki Matsui

The instructor's schedule is uncertain this quarter. Lessons will be held occasionally when she and a tea room at Hakone Gardens are available. Please leave your name with the instructor so that she can get in touch with you when lessons are available. This style of lessons are good for students who would like to refresh their memory and enjoy occasional tea ceremony lessons or for those who would like to try it out. Any level of ability is welcome.

**Date/time:** when the instructor and the tea room are available.

**Place:** Cultural Exchange Center tea room

**Reservation and information:** email [learntea@gmail.com](mailto:learntea@gmail.com) (preferred) or leave a message at 650-903-3410 (will check occasionally)

**Website:** [www.learntea.com](http://www.learntea.com)

### Sunday Public Tea Ceremony - Participate in Sharing a bowl of Tea

**Dates:** Every 3rd Sunday, March through November

**Time:** Seatings at noon, 1 pm, and 2pm

**Place:** Cultural Exchange Center

**Fee:** \$5 / person plus garden admission. Groups or inquiries call John Larissou at 415-731-0622 or [larissou@gmail.com](mailto:larissou@gmail.com).

## Rinzai Zen Study

With Reverend Enyu Ito

Under the guidance of Rev. Ito, learn traditional Rinzai-Zen meditation. This inspirational teacher is a resident Buddhist priest from the Myofukuji Temple, Kyoto. He has been teaching at Hakone for 13 years.



**Time:** Sundays, 8 – 9:30 AM, beginning February 6, 2011

**Place:** The upper Moon Viewing House overlooking the gardens

**Registration:** Call Assistant Priest Kugyo, Ann Rice 408.354.7026 [africe@comcast.net](mailto:africe@comcast.net)

## Ki-Do Yoga & Zen Fitness

Zen meditative exercise for mind & body with Aya Kurosawa.



For men and women of all ages and levels.

It is gentle, yet powerful exercise to adjust your spine and alignments for smoother Ki(energy) flow to stay healthy. Movements are from Chiropractic self-treatments, Hatha Yoga, breathwork, meditations, and Shiatsu self-

care to reduce stress, neck, and back pain by loosening up your joints, strengthen intestines, organs and muscles. It improves both the quantity and quality of your sleep with Zen fitness from Japan. This is an exercise to bring your soul back to yourself. Amazing eye opening feelings about yourself is the result of the class. Please bring your Yoga mat and come with open mind.

**Dates:** On-going 3rd Fridays with RSVP

**Time:** 10:15 to 11:15 AM

**Place:** Lower House (winter) & Moon Viewing House (summer)

**Fee:** Please contact instructor. (free entrance for students)

**To register**, contact Aya @ (415)203-9231 or email [class@ayacise.com](mailto:class@ayacise.com)

**Website:** [www.ayacise.com](http://www.ayacise.com)

\*\* Special group Zen Fitness class is available: Organized group Zen Fitness exercise program with 5 or more people on reservations only and upon availability. Please contact via email.



## Japanese Garden Classes

Gardening class coordinator and chief instructor Peter Thomas Bowyer specializes in scenic creations for people who want to bring nature into their dwelling. He has designed and built gardens in California and Japan; led volunteers pruning at Hakone Gardens and other public parks; and interpreted natural landscapes throughout California. Contact him via P.O. Box 11310 Oakland CA 94611; via telephone 510-658-4941; or use webpage [www.peterthomasbowyer.com/contact](http://www.peterthomasbowyer.com/contact)

