



Zenshow Jr. Workshop Program Details

Zenshow Jr. Workshop Program will combine the following activities

1) Japanese

If your child is starting to draw objects or if he or she is attempting to draw circles/triangles/squares, or even attempting to draw human shapes - don't miss these signs as they are ready for the writing journey! Zenshow's Jr. program will match the right language exercises for each individual child as every child has a different personality and different needs.

2) Meditation and Exercise

Created by a former dancer and choreographer, Zenshow Jr. Workshop presents introductory exercises and meditation for your child to develop their motor skills, focus ability, and flexibility. These basic exercises will benefit your child to build a foundation for when they are ready to explore the next physical activities such as; ballet, soccer, martial arts, basketball and baseball etc.

3) Zenshow Jr. Ikebana

Ikebana is a beautiful art form which represents "appreciation of nature". One of the most established Japanese cultural activities it involves; aesthetic expression, development in mathematics, structural and balance coordination skills, understanding of politeness, appreciation and focus. Zenshow Jr. Workshop will provide the activities such as creating paper-flower and personal vase, planting and creating picture journal etc. We will engage with all the "*small hands can do*" activities.

4) Zenshow Jr. Calligraphy

"Only kids can express themselves in this way, because they do NOT know how to write yet." – At this age kids imagination is unlimited, therefore Zenshow's Jr. Program will focus on developing beautiful expressions with calligraphy. We will emphasize the training of "hieroglyph which is just like drawing pictures! My three year old daughter who hesitates to practice hiragana loves to draw the hieroglyphs instead. It is a perfect marriage of building language interest and developing motor skills. When your child has mastered to draw in hieroglyphs we will start kick off the Calligraphy in Hiragana and Kanji also!

5) Oh-zara Lunch

Instead of providing a lunch box, we would like to present large dishes at the center of the dining table, which at Zenshow, we call "Oh-zara lunch". The purpose of the Oh-zara concept is to learn how to serve the food to your plate, and also to learn the right portion that he/she can eat, which the philosophy connected to "Be humble (don't take too much). We will also provide the education of right nutrition and that of seasonal foods' names. The among above all the most important splits that we would like to share is the "appreciation of food".

<Instructors' profile>

Asae Takahashi

Zenshow Jyuku Executive Director (HP: www.zenshowny.com)

Born in Tokyo Live in NYC

BA: Kunitachi Music College in Tokyo **MA:** NYU Master of Arts Administration

Asae enjoyed her childhood spending time learning Ballet, Piano and Opera singing. After her graduation from Kunitachi Music College, she built a career as a choreographer and performer in Tokyo. The combination of a strong back ground in classical music and ballet and her unique modern expressions brought great success to the performing arts company she created and managed. As a result, she has an impressive resume with multiple successful artistic partnerships with popular actors and actresses, musicians and models from Sony Entertainment, Warner Music, RCA Records, Victor Entertainment and Shiseido. In 1999, Asae entered NYU and completed their Master of Arts program in 2002. After graduation, a second career as a marketing manager at one of the most prominent Japanese commodity trading companies begun however, after seven years in the professional business world she made a decision to move on. Now her adventure as a "Mother of two kids" has started. After living ten years in NYC and returning to Japan for two years, she recognized the importance of ethical education for children and the deep connection of ethics to many Japanese cultural activities. Now her endeavor of establishing the NY based ethical program "Zenshow Jyuku" has just begun!

Asuka Morinaga:

Asuka is from Hiroshima, Japan. She has acted in numerous plays both in Japan and abroad as a professional actress. Asuka hopes to share the Japanese culture with children and have fun together. It is always a great pleasure for her to find creativity and imagination in children.