



## Winter Zenshow Workshop (WZW) Program Details

**Every session will include a short meditation and 10-15min martial arts inspired exercise before the class**

### **1) Sun, 2/3 1:45-2:45PM : What is “Gi & Yu” ?**

This is one of the most important classes among all of the sessions during WZW. We are going to talk about 義 Gi (Fairness) and 勇 Yu (Brave heart) which are the core subjects of the “8 Samurai Principles”. The students will learn about their own decision making process and how to execute right decisions through a variety of theatrical communications between Zenshow sensei and the students. Students will also learn about brief “Samurai history”. If you are thinking to attend one or more Zenshow classes, we highly recommend to take this class before any other activities.

### **2) Sun, 2/10 1: 45- 2:45PM : “Calligraphy” - Let’s write 義 Gi and 勇 Yu**

Based on the previous lecture, now we are going to challenge the first activity “Calligraphy”. We will provide brush, ink, and all other necessary equipment. If you don’t write Japanese do NOT worry, the spirits of “Gi & Yu” are the only thing that you need to bring here and as a result you may try the calligraphy in Roman alphabet also! We will talk about “Gi and Yu” again during this class, so if you miss the first class, this is another chance to catch up on the subject.

### **3) Sun, 2/24 1:45-2:45PM: “Zenshow Sawing” and “ Jin – Benevolence”**

Will you throw out your clothes because there is a hole? I am sure that back in old days, your mother would fix it for you. Let’s bring the “sprints of recycle” into the session; we will use old dresses to remake a Japanese toy called “Otedama” (juggling toy), which your children will experience sawing with a needle and thread. Children will also learn about one of another subjects from 8 Samurai Principles called “Jin – the benevolence”. We will make two separate groups during the session and senior students have to make sure the junior students are doing OK with a kind heart and junior students have to learn how to show respect.

### **4) Sun, 3/3 1:45-2:45PM : “禅 Zen-Cooking” - Let’s make a Sushi Roll for Hinamatsuri Doll**

On the third of March, Japanese celebrate “Girls day”. We are going to talk about the history of the celebration and the students will challenge “Sushi roll making” for the celebration! In similar fashion to the last session, we will make two teams and again the senior students will lead the junior students so that they will learn about leadership and responsibilities as a Zenshow leader, while the junior students will learn about respect and manner to the senior students. This is one of most popular sessions in our program, as everyone loves to eat!

### **5) Sun, 3/10 1:45-2:45PM : “Zenshow kids Ikebana” - The Rising Form by Ohara Ikebana School)**

I am sure at this point, students are slowly starting to understand the concept of Gi, Yu, Jin and starting to develop their decision making skills. As a result we can challenge this one of most established Japanese art forms called Ikebana. We will provide a real Kenzan and students will try to create the basic flower form called “Rising Form” We will also talk about one of most important sprits in Ikebana practice called “Somitsu” Don’t miss the class!

### **6) Sun, 3/17, 24 1:45- 2: 45 : “Souhan style of tea Ceremony” by Shoukyo Shimizu from Chikueian**

Finally, this is the session in which you need to show all your spirits that you have learned during the WZW. The tea ceremony section has two classes. In the first session, the students will learn about all the basic skills of how to bow to each other and how to bring a cup of tea. During the second session, the students will learn how to make tea. The parents also have to learn how to appreciate with proper manners the tea which your children will serve to you.

- *We will present the certification award at the end of the class to the students who attended five sessions or more.*
- *The tea ceremony sessions are available for Zenshow Jyuku students and family at an incredible discount of \$50(2 sessions) for adults and \$36(2sessions) for children. Please note that parent / student team is encouraged. (Seat will go very quick as we can only accommodate 10 couples in the session, if you are interested in we highly recommend to make the early reservation).*
- *Most exciting about the Tea Ceremony classes, is that you will also have the opportunity to attend the Cherry blossom Festival at botanical garden in Brooklyn in April, and demonstrate the tea ceremony with Shimizu sensei!*

***A conscious mind will make a difference in tomorrow’s world.***

***They are the future...***