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自分と向き合う3日間

Earth Meditation

Find Japan. Find yourself.

Sado Island

March 1st - 3rd, 2013

2013年3月1日(金)～3日(日)

申込締切 2013年2月22日(金) 定員 15名
Registration Deadline: Feb. 22nd, 2013 (Fri) Limit: 15 persons

お問合せ: Tel. 0259-86-2320
Sado Island Taiko Centre / 佐渡太鼓体験交流館

Brought to you by the KODO CULTURAL FOUNDATION / 主催: 公益財団法人鼓童文化財団

Earth Meditation

3-day Journey of Cultural Immersion and Self-Discovery.

Find Japan. Find Yourself.

On Sado Island, 'history' and 'culture' aren't merely buzzwords; they're living, breathing qualities ever-present in the daily lives of the island's people. While the common perception of 'meditation' may invoke a sense of solidarity – a way of removing oneself – this unique opportunity for self-exploration provides a chance to retreat far from your daily routine, both in body and mind, while at the same time allowing you to reacquire with yourself by becoming one with the island community.

Taking part in a variety of activities structured around daily living and communication with the local people, this special 3-day journey is designed to provide participants with the opportunity to either discover, or rediscover oneself by engaging in activities which are indispensable to island living here on Sado, culminating in a 'Sado Island Bansankai' (banquet) with other participants and locals.

Remove yourself from the ordinary – socialize, search, and create – and find the extraordinary in Sado.



Fukaura village

D a t e March 1- 3, 2013 (3 days, 2 nights)

Meeting Place Ryotsu Terminal at 12:40, or Ogi Terminal at 13:30 on Friday, March 1st

Return Departure Ogi Terminal at 11:15, or Ryotsu Terminal at 12:20 on Sunday, March 3rd

C o s t 35,000yen (all meals, lodging, transportation on the island, and participation fees included)
 *Note that transportation costs to and from Sado Island (trains, ferries, etc.) are not included.*Program for ages 18 and up.

L i m i t 15 persons (will operate with a minimum of 5 participants)

Registration Deadline February 22, 2013 (Friday)

L o c a t i o n Kodo Village and surrounding area

L o d g i n g Kodo Village lodging facilities (located in Ogi)

Schedule	3/1 (Fri.)	Meals included = Breakfast × Lunch × Dinner ○ [12:40] Meet at Ryotsu Terminal [13:30] Meet at Ogi Terminal [14:00] Kanpo Meditation at Rengebuji Temple in Ogi [17:00] Dining, bathing, free time.
	3/2 (Sat.)	Meals included = Breakfast ○ Lunch ○ Dinner ○ Breakfast [9:00] Split into groups, travel to respective villages (Shukunegi Village, Osaki Village, Fukaura Village) to take part in local activities. [9:30-16:00] Work in respective groups together with the local people, engaging in activities involving fishing, craft work, or rural living, and create a variety of food, plates and utensils, and other items for use in the evening's event. (Lunch provided) [17:00-19:00] Cook together with locals and other participants using the tools and ingredients crafted throughout the day in preparation for the evening's event. [19:00] 'Sado Island Bansankai' (banquet) .
	3/3 (Sun.)	Meals included = Breakfast ○ Lunch × Dinner × Breakfast [9:00] Reflect on the 3 days immersed in Sado [11:15] Depart Sado Island from Ogi Terminal. [12:20] Depart Sado Island from Ryotsu Terminal

To Register In order to register, please send an email including the information requested on the form below to: info@sadotaiken.jp. Or, fill out the form below and fax it to: 0259-86-2385

*Please include "Earth Meditation Registration Form" in the subject line.

1) Full Name		2) Age	3) Gender Male / Female	4) Occupation	5) Membership Number (for "Friends of Kodo" club members only)
6) Address 〒			7) Requested Ferry Route <input type="checkbox"/> Niigata ⇒ Ryotsu Route <input type="checkbox"/> Ryotsu ⇒ Niigata Route To Sado <input type="checkbox"/> Naoetsu ⇒ Ogi Route From Sado <input type="checkbox"/> Ogi ⇒ Naoetsu Route		
8) Phone Number	Daytime Phone <input type="checkbox"/> Home <input type="checkbox"/> Mobile <input type="checkbox"/> Work ()		9) Email address		
10) Additional questions or inquiries regarding the nature of the program				11) Accompanying Participant (up to 1 additional person)	

*Program details will be sent out after the registration deadline closes, no later than Feb. 23 (Sat).

*Your personal information will be used solely for the purpose of sending details regarding this event and information relevant to the operation of the program.

○ Brought to you by: KODO CULTURAL FOUNDATION ○ In cooperation with: umari Inc.

Send Registration to

Sado Island Taiko Centre 150-3 Ogi Kaneta Shinden Sado City, Niigata Prefecture 952-0611

• Tel: 0259-86-2320 • Fax: 0259-86-2385 • Email: info@sadotaiken.jp