



Zen by Candlelight

TOKIMUSUBI NIGHT EXPERIENCE
WEAVING A MILLENNIUM IN NARA

A private Zen evening in a living thousand-year sanctuary,
crafted for discerning guests to carry its quiet into tomorrow.

not as religious conversion, but as an accessible way to encounter its
practice and spirit.

In a candlelit hall that has breathed for a thousand years,
find a simple way to reset the mind.

A private Zen evening for those who seek quiet, clarity, and culture.



TOKIMUSUBI



Program

- Brief introduction to Sōtō Zen and Sansho-ji (JP/EN)
- Guided instruction on posture and breathing
- Several short rounds of zazen by candlelight
- Closing reflection and gentle Q&A with the resident monk / facilitator

No dramatic choreography—only a carefully held space for quiet, grounded practice.

Touch the Spirit, Tune the Heart.

An evening to receive a simple, quiet way to reset and steady the mind.

Emails, meetings, travel, notifications—
for many of us, the mind never truly settles before sleep.

Zen by Candlelight – TOKIMUSUBI Night Experience
is an intimate program held in the authentic Sōtō Zen zazen hall of Sansho-ji in Nara,
exclusively reserved for this night and limited to 15 guests.

This is not a themed show or staged performance,
but an authentic moment of Zen rooted in a living, centuries-long tradition.

Zen is offered here as a gentle, usable way to care for the mind:

- A 60-second Night Reset you can use anywhere in the world
- A direct taste of “just sitting,” beyond goals and metrics
- Placing your own breath inside a form cultivated over a thousand years

Open to both Japanese guests and international travelers,
this evening brings real practice, real calm, and real culture into one quiet hall.

