

# 11月29日 水 京王プラザホテル

南館3階グレースルーム [新宿区西新宿 2-2-1]

新宿区で外国人旅行者等に気軽に日本の伝統文化を体験できるプログラムを実施します。ぜひご参加ください (各100名程度)。

※プログラム参加前に会場受付までお越しください。英語解説付き

先着順

参加費無料

## 茶道体験 あいこくせいちゃ [愛国製茶]

10:30~15:00 ※お茶がなくなり次第終了



日本の伝統文化である「茶道」にふれてみませんか。「茶道」は日本人のおもてなしの精神に基づく伝統的なお茶の作法です。お点前をご覧いただき、お茶を召し上がっていただきながら、お作法や茶碗、懐紙、和菓子についてのお話をいたします。希望者はお点前も体験できます。日本人の美意識を表す「わび」「さび」の趣を、感じていただければ幸いです。

## 華道体験 いまむらそうぎょく [草月流 師範会理事 今村草玉]

①10:30~11:30 ②12:45~13:45 ③14:30~15:30



日本の伝統文化である生け花にふれてみませんか。生け花は、季節の草木や花などの植物を器に飾る日本の伝統的芸術の一つです。生け花の歴史と基本的な型についての講義の後、生け花を体験していただきます。初めての方にも優しく説明します。

## 琵琶演奏・体験も実施します。

※プログラムの内容は変更になる可能性がありますので、予めご了承ください。



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新宿区和を伝えるプログラム

検索

主催/新宿区 制作/公益社団法人日本芸能実演家団体協議会

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# SHINJUKU CITY WORKSHOP

## EXPERIENCES OF JAPANESE TRADITIONAL CULTURE

This workshop offers programs for foreign tourists so that they can experience various aspects of traditional Japanese culture in a casual atmosphere. Please come join the fun!

# Wed, Nov. 29

## Keio Plaza Hotel Tokyo

**South Tower 3F Grace Room**

2-2-1 Nishi-shinjuku,  
Shinjuku-ku, Tokyo

Maximum - 100 participants

On a first come first served basis

Complimentary program

▶ Please come to the reception area before you participate in the program.

### Tea Ceremony Experience [Aikoku-Seicha]

10:30 ~ 15:00

Would you like to experience the Japanese tradition of tea ceremony? The tea ceremony is the traditional manner of preparing and serving tea based on the spirit of Japanese hospitality. While watching a tea ceremony and drinking tea, you'll hear explanations on manners, tea bowls, and the confection paper and Japanese confectionaries served. You can even participate in a tea ceremony if you like. We hope you will gain a sense of Japanese *wabi* (austere beauty) and *sabi* (elegant simplicity), which are integral to the Japanese sense of beauty.



### Flower Arrangement Experience [Sogetsu style]

10:30 ~ 11:30 12:45 ~ 13:45 14:30 ~ 15:30

Would you like to learn about ikebana, the art of flower arrangement, which is a key facet of traditional Japanese culture? Ikebana, the art of flower arrangement, is a traditional Japanese art in which plants such as seasonal greenery and flowers are arranged in a traditional vase. After you hear a presentation on the history and basic forms of ikebana, you can try creating your own ikebana. The method will be explained in a manner that even beginners can understand.



You can enjoy the live performance and also the experience of Biwa, one of Japanese traditional instruments.



■最寄り駅  
新宿駅西口  
(JR、京王、小田急、西武、地下鉄)  
徒歩 7 分  
都庁前駅 (地下鉄) 徒歩 1 分

■Access from the nearest stations  
7 minutes on foot from Shinjuku station west exit  
(JR/Keio/Odakyu/Seibu/Metrolines)  
1 minute on foot from Tochomae station (Metro)



Inquiries

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Culture and Tourism Division

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TEL.03-5273-4069 / FAX.03-3209-1500

(Available in Japanese only)

Official  
Programme

