



Discover the Spirit of Japanese “Dō” in Tokushima



East Tokushima Tourism Authority



【Sadō/Tea Ceremony】 Tea Ceremony Experience – Iyashi Kūkan (Healing Space) Bizen by Sodo Kondo

| | Description |
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| Provider | Iyashi Kūkan (Healing Space) Bizen |
| Experience | The Ultimate Cup – Urasenke’s Tradition of Heart-Calming Aesthetics |
| Experience Overview | <p>Find tranquility in a serene Japanese setting. Immerse yourself in the profound traditions of the Urasenke school and the spirit of Wa-Kei-Sei-Jaku (harmony, respect, purity, and tranquility). Guided by an experienced instructor, you will witness the graceful preparation of tea and discover the meaning behind each utensil and gesture, as well as the warm spirit of hospitality. During the hands-on matcha experience, you can enjoy seasonal jo-namagashi (artisan sweets) and wasanbon (delicate Japanese sugar confections). Through a single bowl of tea, you will feel the depth of Japanese aesthetics and find calm moments that let you forget the noise of everyday life.</p> <p>●Schedule 0:00~0:20 Learn the basics of tea ceremony etiquette 0:20~0:50 Instructor’s demonstration (First bowl of tea) 0:50~1:00 Break 1:00~1:40 Try preparing tea yourself (Second bowl of tea) 1:40~1:50 Reflection & sharing</p> |
| Details | <p>●NET price: ¥8,500 per person ●Duration: 2 hours ●Availability: Year-round ●Group Size: 2–10 participants ●Venue: Tokushima Castle Museum (Tokushima City) <i>Please note: The venue may change depending on the schedule.</i> ●Included in the Fee: First bowl of tea (Observe the instructor’s tea preparation), Second bowl of tea (Try preparing matcha yourself), Seasonal Japanese artisan sweets and wasanbon sugar included, as well as admission to Tokushima Castle Museum. ●Cancellation Policy: Free of charge up to 3 days before the experience; 50% charge from 2 days before; full charge from the day before</p> |

Image of the experience



【Nihon Buyo/Japanese Dance】 Japanese Dance Experience – Wakayagi Style “Aya no Kai” by Sansai Wakayagi

| | Description |
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| Provider | Aya no Kai – Wakayagi Style Japanese Dance Class |
| Experience | The Elegance of Wakayagi Style – A Dance of Beauty that Weaves Tradition and Innovation |
| Experience Overview | <p>Wakayagi Style is a school of traditional Japanese dance, known for its graceful and refined performances that delicately reflect the four seasons and the emotions of people.</p> <p>In this experience, you will first enjoy a performance of a Tokushima-related dance by the instructor, allowing you to feel the meaning behind each movement and its historical background. You will also learn the basic steps and beautiful postures, and try the dance yourself. Wearing a yukata and moving to the sounds of traditional Japanese instruments, you will be immersed in an authentic world of Japanese elegance and artistry.</p> <p>●Schedule 0:00~0:15 Change into a yukata 0:15~0:25 Learn about Japanese dance 0:25~0:40 Instructor’s performance ① 0:40~1:00 Try playing the shamisen (Japanese string instrument) 1:00~1:20 Japanese dance lesson 1:20~1:30 Your dance performance 1:30~1:45 Instructor’s performance ② 1:45~2:00 Reflection & sharing</p> |
| Details | <p>●NET price: ¥10,000 per person (up to 4 participants) / ¥8,000 per person (5 or more participants) ●Duration: 2 hours ●Availability: Year-round ●Group Size: 4–10 participants ●Venue: Tokushima Castle Museum (Tokushima City) <i>Please note: The venue may change depending on the schedule.</i> ●Included in the Fee: Instructor’s performances (2 times), dance lesson, yukata rental and dressing <i>Optional kimono experience: ¥15,000 per person, including costume and dressing fee</i> ●Cancellation Policy: Free of charge up to 5 days before the experience; 50% charge from 4 days before; full charge from the day before</p> |

Image of the experience



【Kadō/Japanese Flower Arrangement】 Sogetsu School, Guided by Hiroshi Ohara

| | Description |
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| Provider | Sogetsu School, Guided by Hiroshi Ohara |
| Experience | Stories Woven with Flowers – Creative Moments by the Sogetsu School |
| Experience Overview | <p>Sogetsu School Ikebana is not simply the arrangement of flowers, but a living art that reflects individuality and emotion. Free from rigid traditions, it embraces new sensibilities and creative expression, allowing each participant to create a work that embodies their own unique spirit. In this experience, you will learn the core philosophy of the Sogetsu School from the instructor, then use seasonal flowers and materials freely to craft your own arrangement. The vase you use can be taken home (optional), bringing a touch of beauty to your everyday space. After completing your creation, enjoy coffee and sweets prepared by the instructor, making for a refined and memorable experience.</p> <p>●Schedule 0:00~0:15 Learn the fundamentals of Kadō 0:15~0:30 Instructor’s demonstration 0:30~0:50 Flower selection & basic guidance 0:50~1:20 Create your own arrangement 1:20~1:30 Individual guidance & refinement 1:30~1:50 Café time with coffee and sweets 1:50~2:00 Reflection & sharing</p> |
| Details | <p>●NET price: ¥9,500 per person ●Duration: 2 hours ●Availability: Year-round ●Group Size: 2–6 participants ●Venue: COFFEE WORKS Yamashiro (Tokushima City) ●Included in the Fee: Lecture and demonstration on Kadō (Japanese flower arrangement), one hands-on Ikebana session, coffee and cake <i>*Optional Add-on: Otani-yaki pottery to take home (¥4,000)</i> ●Cancellation Policy: Free of charge up to 5 days before the experience; 50% charge from 4 days before; full charge from the day before</p> |

Image of the experience



| | Description |
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| Provider | Yuki Design Studio |
| Experience | The Serenity of Calligraphy – A Tranquil Moment Exploring Buddhism and the Art of Writing |
| Experience Overview | <p>This special experience takes place at a temple along the Shikoku Pilgrimage route or in a traditional Japanese house, combining a lecture on Buddhism with a hands-on calligraphy session. In the lecture, the benefits of the Heart Sutra and the way of the mind taught in Buddhism are explained, conveying their appeal. The calligraphy session is more than just writing beautiful characters—it offers a chance to center your mind through the “Four Treasures of the Study” (ink, paper, inkstone, and brush) and explore the profound depth of Japanese calligraphy. To complete the experience, enjoy Awa Bancha tea and traditional Japanese sweets, allowing you to savor the essence and serenity of Japanese culture with all your senses.</p> <p>●Schedule 0:00~0:15 Lecture on Calligraphy and Buddhism 0:15~0:30 Instructor’s demonstration 0:30~0:50 Basic lesson 0:50~1:20 Calligraphy practice 1:20~1:30 Final writing (Seisho) 1:30~1:50 Café time with tea and sweets 1:50~2:00 Reflection & sharing</p> |
| Details | <p>●NET price: ¥9,900 per person ●Duration: 2 hours ●Availability: Year-round ●Group Size: 2–8 participants ●Venue: Traditional Japanese house (Sanagochi Village) or Kannonji Temple (Matsushige Town) <i>Please note: The venue may change depending on the schedule.</i> ●Included in the Fee: Lecture on Buddhism and calligraphy, calligraphy session (practice, shikishi artwork creation, paper for home display), Awa Bancha tea and sweets ●Cancellation Policy: Free of charge up to 7 days before the program; 50% charge from 6 days before; full charge from the day before <i>*Please make a reservation at least 3 weeks in advance.</i></p> |

Image of the experience



【Kobudō/Classical Martial Arts】 Ashu Yagyū Shinkage-ryū Heihō Kenjutsu Experience Program

| | Description |
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| Provider | Kyubukan Dojo |
| Experience | The Swordsmen Legends of Tokushima – Exploring History and Techniques through Ashū Yagyū Shinkage-ryū Heihō Kenjutsu |
| Experience Overview | <p>This special program offers an immersive experience in Tokushima’s unique Kobudō, “Ashū Yagyū Shinkage-ryū Heihō Kenjutsu.” The program begins with a lecture on the history and philosophy of the school, followed by a thrilling demonstration of kata performed by senior students. Participants then take up bamboo swords for a hands-on practice session. With careful guidance from the instructors, you can safely learn the fundamental stances, footwork, and the mindful intent behind each strike. Experience the solemn and profound atmosphere of this traditional martial art, far removed from modern daily life, and enjoy a time to sharpen both body and mind.</p> <p>●Schedule 0:00~0:10 Change into training uniform (Dōgi) 0:10~0:20 Learn traditional Kobudō techniques 0:20~0:30 Instructor and students demonstration ① 0:30~1:10 Basic lesson 1:10~1:30 Performance of Kobudō kata 1:30~1:45 Instructor and students demonstration ② 1:45~2:00 Reflection & sharing</p> |
| Details | <p>●NET price: From ¥5,000 per person ●Duration: 2 hours ●Availability: Year-round (Dojo tours available on Wednesdays and Saturdays at 7:00 PM) ●Group Size: 2–6 participants (<i>Larger groups possible upon consultation</i>) ●Venue: Kyubukan Dojo (Ishii Town) ●Included in the fee: Lecture on the history of Kobudō, demonstrations by dojo students, hands-on practice <i>Optional: Accident insurance available upon request</i> ●Cancellation Policy: Free of charge up to 7 days before the program; 50% charge from 6 days before; full charge from the day before</p> |

Image of the experience



【Henromichi/Shikoku Pilgrimage】 Pilgrimage Trail Walking

| | Description |
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| Provider | Pilgrimage Temple No.13: Dainichiji, No.14: Jorakuji, No.15 Kokubunji and Private Guide |
| Experience | Pilgrimage of the Heart – Walking the Shikoku Henro and Zen Paths with a Personal Guide |
| Experience Overview | <p>This experience takes you along Japan’s largest pilgrimage route, the “Shikoku Henro,” visiting three temples with a personal guide. At Dainichi-ji Temple, the resident monk will deliver a sermon, offering insight into the profound teachings of Buddhism, the benefits of the Heart Sutra, and the true essence of the Henro pilgrimage. You will then continue on to Joraku-ji and Kokubun-ji temples. At Kokubun-ji, you will enjoy special access to the nationally designated scenic garden, experiencing a quintessential example of Japanese dry landscape (Karesansui) gardening. Walking this historic and sacred route offers a rare opportunity to refine both mind and body on a meaningful pilgrimage journey.</p> <p>●Schedule 0:00~0:30 Travel from Tokushima Station by taxi 0:30~0:45 Heart Sutra recitation 0:45~1:20 Visit Dainichi-ji Temple and Attend a Sermon by the Resident Monk 1:20~2:00 Henro pilgrimage experience 2:00~2:15 Visit Joraku-ji Temple 2:15~2:30 Henro pilgrimage experience 2:30~3:10 Visit Kokubun-ji Temple & garden stroll 3:10~3:30 Reflection & sharing 3:30~4:00 Return to Tokushima Station by taxi</p> |
| Details | <p>●NET Price: From ¥16,000 per person (<i>price may vary depending on group size</i>) ●Duration: 4 hours ●Availability: Year-round ●Group Size: 1–6 participants (<i>larger groups possible upon consultation</i>) ●Venue: Dainichi-ji, Joraku-ji, and Kokubun-ji Temples (Tokushima City) <i>Meeting point: Tokushima Station</i> ●Included in the fee: Guide service, sermon by the resident monk (Dainichi-ji), garden admission (Kokubun-ji) <i>Note: Taxi fare from Tokushima Station to the temples is not included and should be paid locally</i> ●Cancellation Policy: Free of charge up to 7 days before the program; 50% charge from 6 days before; full charge from the day before</p> |

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East Tokushima Tourism Authority

Please feel free to contact us, anytime!

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