



KYOTO
MEDITATION
CENTER



SanZen

Practical Zen wisdom for the modern world

2024/02

What is Kyoto Meditation Center?

Founder's story

Modern people are busy with work and their work-life balance are disrupted. Daisuke Sasaki, the CEO of Kyoto Meditation Center, was also one of them. And his inherent calmness and compassion were lost through the busyness.

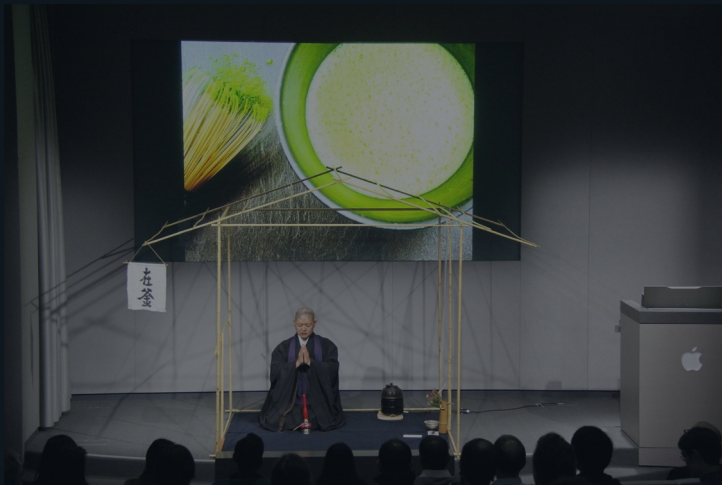
Then he discovered Zen and decided to live in a Zen temple. In the quiet place surrounded by nature and with simple meals and teas, he could recover his emotional wellness.

What is Kyoto Meditation Center?

Our mission

*To promote the improvement of work-life balance
by practical zen wisdom for the modern world.*

To achieve this, we are developing SanZen solutions



We have conducted many session and workshops for hundreds of people including corporate executives, at Zen temple, and at companies in Silicon valley.



Shizan FUJIOKA

Head priest of Joju-ji Zen Temple at Kyoto

He became a Zen priest and disciple of Joju-ji Zen temple 20 years ago, where he has been head priest since 2016.

Joju-ji, established in 810 at the will of the emperor of the time, is a Buddhist Temple dedicated to the protection of the nation and prosperity of the Imperial Household. Joju-ji was destroyed by a fire in the 1500s but was rebuilt in 1687 as a temple of Obaku Buddhism. Obaku is a sect of Zen Buddhism introduced from China during the Edo period.

What is Zen?

Utilization of your five senses

Human emotions are generated through contact between external stimuli and the five senses.

In Zen, to clear your mind, you should provide good stimulations to your five senses through;

- Eyes (visual: greenery, architecture, gardens, sky, human expression.)
- Nose (sense of smell: plants, soil, incense.)
- Ears (Hearing: birdsong, sutra changing, sound of bells, sound of wooden fish.)
- Mouth (Taste: tea, meals, sweets.)
- Body (Tactile: teacup, cushion, floor, path)

What is Zen?

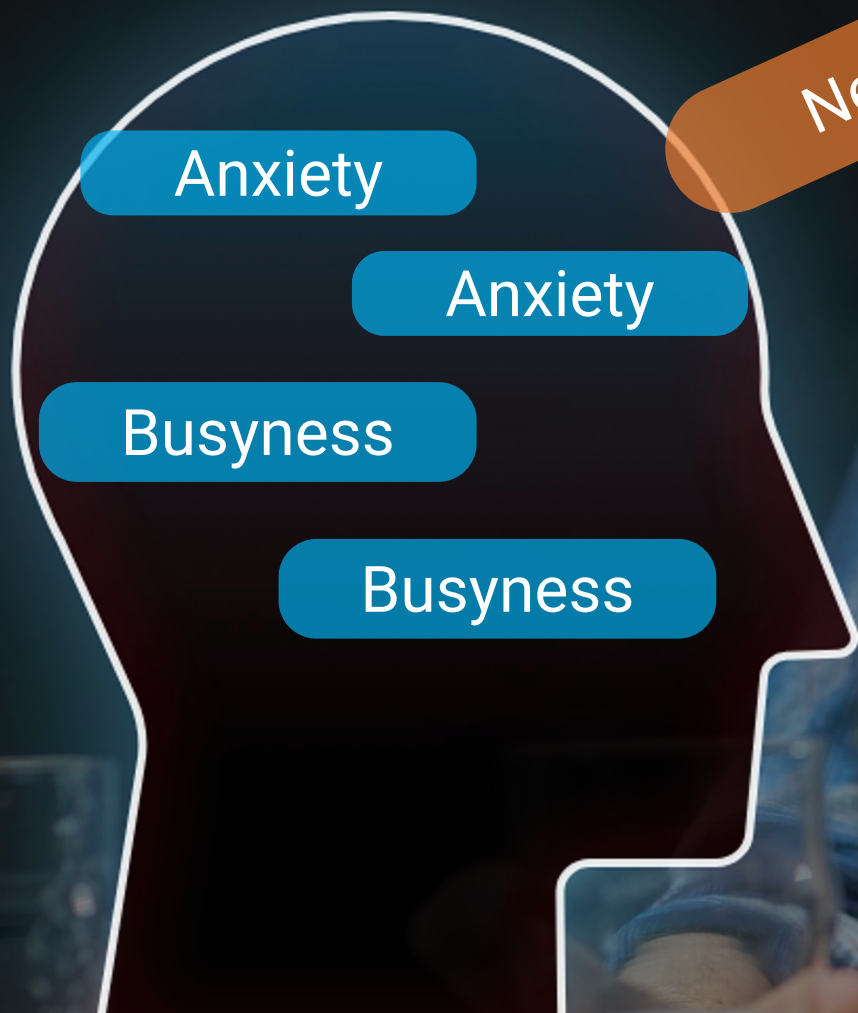
Zazen

Zazen “seated meditation” is one tool to maintain a state of overseeing one’s emotional vector (attention)

Zazen is a practical practice that can be incorporated into daily life. It's often cited for its stress management effects. Additionally, it contributes to controlling concentration. If you can concentrate moment by moment, it can enhance your business skills.

What is Zen?

Clearing the mind and its effectiveness



If your mind is occupied with various matters, you cannot manage your attention properly then you may;

- lack your concentration
- lack your true compassion
- have wrong decision

What is Zen?

Clearing the mind and its effectiveness



If you can clear your mind, you can manage your attention properly

Zazen meditation is a tool to clear your mind and train your attention management skill

Our services: SanZen

Developing SanZen, the wisdom of Zen applicable to busy people in modern life
Integrating digital content and real-world experiences to promote SanZen

Digital content



Providing SanZen content that stimulates the senses and clears the mind in a short time by watching Zen-related beautiful scenery content while enjoying a drink.

Real-world experience



Tranquil Zen temple in Kyoto for a private program lasting several hours, offering zazen meditation and learning Zen wisdom. Providing workshop sessions for business professionals and tours for travelers.

SanZen Instant clarity

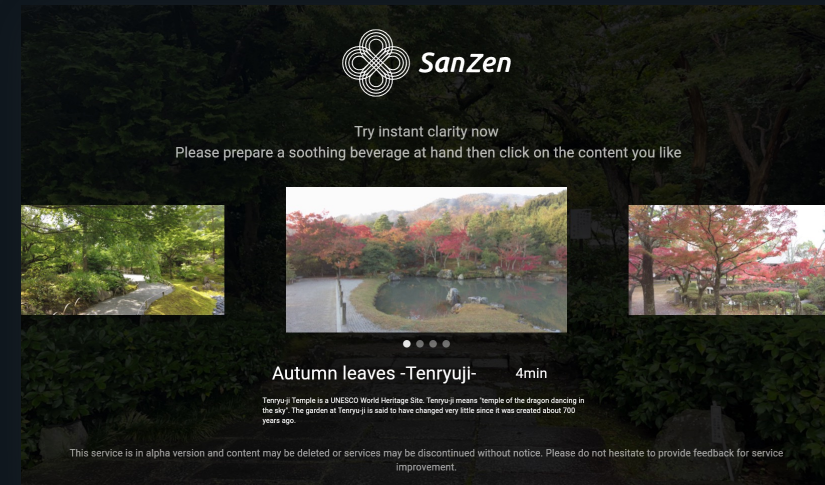
Zazen “Sitting” meditation, and existing meditation apps are certainly effective for clearing the mind and toning the heart. However, it requires a lot of time to face your feelings.

➔ Simple, easy casual zen practice comes in

Step1: Prepare soothing beverage



Step2: Select and play content



Utilize the wisdom of Zen, specifically "engaging the five senses," to instantly clear your mind. By practicing this technique before work or during moments of frustration, such as with family, you can achieve a balanced work-life harmony.

Comparison

SanZen fits your daytime meditation needs, and FocusSync make it easy to “make meditation a habit”

	Existing meditation App	SanZen	SanZen FocusSync*
Stimulation	Stimulate hearing by calm music	5 senses by video and tea.	
Time required	20 minutes ~	Less than 5 minutes	
Features	[Reflection] Deep meditation to focus on yourself slowly and deliberately. Temporary drop in stress and vitality	[Change of pace] Light meditation to clear the mind in short time.	[Make it a habit] Group dynamics can help to make it a habit
		Vitality is maintained afterwards	
When to use	After the end of daytime activities to loosen the mind →Before going to bed, on holidays, etc.	To take a break during work time or daily life →Before a meeting or when frustrated during work, etc.	Before online meetings

*SanZen FocusSync is a solution that allows multiple individuals to engage with SanZen content simultaneously. By conducting it before online meetings, it enhances team building and increases the productivity of the meetings.

SanZen real-world experience

SanZen Executive Session

Learn from Samurai Lords: Ancient Zen Wisdom for Modern Business Leaders

This event is perfect for corporate training of foreign company professionals visiting Japan, as well as for MICE participants.

SanZen Executive Session offers you the wisdom of Japan's historic Zen temples, where samurai lords sought to improve their decision-making and leadership. It was the wisdom of Zen that CEOs of that era used to hone their decision-making and leadership skills.

2.5 hours, 5~80 people, JPY20,000 per person (negotiable)

SanZen real-world experience

SanZen Tour

**Authentic Zen meditation:
Learn practical wisdom at Kyoto Zen temple**

Embark on a journey of mindfulness with our expert guides as they lead you through the enchanting gardens. Unraveling the principles of Buddhism and Zen in English, you will discover how these ancient teachings hold relevance for us in the modern world.

2.5hours, 5~20 people, JPY20,000 per person (negotiable)

Members



Daisetz Sasaki

CEO, Co-Founder

LinkedIn: <https://www.linkedin.com/in/daisetz-sasaki-769223233/>

Master's in Buddhist Studies from Ryukoku University (2013)

Have over 15 years of experience promoting Kyoto's rich history and culture with a focus on Buddhism, using fluency in English and unique network in the city.

- Guided more than 500 inbound clients as a Kyoto tourist guide
- Taught Zen for international students at Kwansai Gakuin University for over 5 years
- Commissioned by the Japan Tourism Agency to develop inbound tourism content

Owns 60% of stake in Kyoto Meditation Center



Hiroyuki Kubo

CTO/COO, Co-Founder, Ph.D.

LinkedIn: <https://www.linkedin.com/in/hiroyuki-kubo-kmc/>

Ph.D in Informatics from Kyoto University (2011)

With over 10 years of experience as an engineer at a major domestic vendor and 4 years of business development experience in Silicon Valley.

- Authored numerous papers and patents as a researcher
- Developed numerous PoC systems utilizing advanced technologies
- Developed and released mobile application

Owns 40% of stake in Kyoto Meditation Center



Rie Kubo

Sales, admin

Worked for 4 years at an airline company developing new overseas routes and sales to domestic travel agencies.



Shizan Fujioka

Advisor, Zen Priest

Head Priest of Joju-ji Zen Temple in Kyoto. Over 20 years of experience as a Zen priest, spreading Zen teachings to many foreigners in collaboration with KMC.