



Ninja ZEN

忍者
禅

meditation

Body and Breath:
Unlocking Inner Power through Mudra Techniques



忍術家 相模 (Ninja Sagami)

A ninjutsu practitioner living in Kanagawa Prefecture. He has studied martial arts since childhood and is a master ninja of the Ninjutsu Dojo, which carries on the tradition of traditional ninjutsu. He teaches at a culture center and plans and develops various ninjutsu learning programs to promote ninjutsu. He is the founder of Soshu No Shinobi. He teaches kobudo (ancient martial arts), esoteric meditation, and physical conditioning methods based on traditional ninjutsu, and has personally practiced waterfall training, mountain asceticism, and other forms of training and verified their effectiveness. He has been a ninjutsu instructor for more than 10 years, and his activities are not limited to Japan. In 2014, he demonstrated and taught ninjutsu in Sweden, expanding his activities in recent years. In 2019, he was appointed as a Shihan of Ninjutsu under the supervision of Jinichi Kawakami, Master of the Koga Bando Sect, and Yuji Yamada, Professor of Mie University.



What is Ninja Zen Meditation?

Ninja Zen Meditation is a meditation method based on traditional Japanese Ninjutsu. The ninja lived in darkness and trained their minds and bodies to overcome various difficulties. Ninja meditation carries on this spirituality and supports the peace of mind and growth of people today.

The Ninja Zen Meditation is based on a deep spirituality that is distinctly different from the stereotypical image of the ninja that is commonly held. The meditation does not involve acrobatic movements, shuriken throwing, or any other flashy techniques.



Program Benefits

This program gently guides you towards a harmonious balance of mind and body, a deeper understanding of yourself, greater adaptability to your environment, a regulated nervous system, and enhanced physical awareness, all through a blend of ninja techniques and modern approaches.

Ninja Zen Meditation Program Overview

Traditional Japanese techniques are imbued with deep meanings and effects that have been cultivated over a long history.

Ninjutsu, for example, is not just a martial art, but a practice to become one with nature, and is based on the idea of mind-body unification.

By adopting these techniques, we can rediscover the mind-body connection that is being lost in our modern society.



Three Elements Used by the Ninja

“Mudra” “Breathing” “Bodywork”

his program deepens meditation by following the five elements of nature (earth, water, fire, wind, and emptiness).

Experience the spiritual world of the ninja and feel the “emptiness” world that all ninja strived for.



Customer Testimonials

People who've kindly experienced this program share stories of deep shifts in their mind and body, gentle positive changes in their everyday lives, and a quiet, joyful feeling from within.



Male 40s
U.S.A.

After experiencing Ninja Meditation, my physical and mental balance has improved dramatically. My tolerance for daily stress has increased and I am now able to calmly deal with problems at work and in relationships. The combination of breathing exercises and mark meditation has been particularly effective, and the ability to calm my mind in a short period of time has been a major change. This practice has brought a new sense of stability and confidence to my life.



Female 50s
United Kingdom

This modern interpretation of the Ninja teachings was surprisingly practical. In particular, the concept of "changing colors" has helped me to think more flexibly and improve my ability to respond in business situations. In addition, the concept of "mind-body unity," in which the body and mind are considered as one, has had a positive impact on my health management. This experience has given me the opportunity to positively change my entire lifestyle.

Course Qualifications

16 years old and up

Interested in the spiritual world of the ninja and Japanese culture,
and are able to listen carefully to the lectures.

PM : 13:30 ~ 16:30

Capacity: 15 persons

One person

30,000 yen

Workshop Locations

Vintage Tokyo Houses or Corporate On-Site Training

Please wear comfortable clothes on the day of the event.



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zenmeditation.ninja-idea.jp

