



# Ninja ZEN Night Walk

Timeless tour through great Tokyo



Experience "Kuji Breathing" and "Shinobi Walking"  
rooted in the mountain training wisdom of the ninja

# Walk



**Enrich and train your mind and body through ninja hand seals and walking meditation, set against the most breathtaking night view.**

Discover the "wisdom of the ninja" — a tradition passed down through centuries — in the heart of Tokyo.

This program blends the physical techniques of ninja who once served the Tokugawa shogunate with traditional Japanese meditation, creating a truly unique mind-and-body experience.

Your journey takes you through two iconic sanctuaries: Tokyo Tower, a symbol of modern Japan, and Zojoji Temple, a serene site steeped in Tokugawa history. Along the way, practice Kuji breathing and Shinobiashi (silent walking) — authentic ninja techniques that gently awaken all five senses.

Feel history come alive, find stillness within the city, and reconnect with yourself. A one-of-a-kind fusion of history and wellness awaits you.



## What Makes the Ninja ZEN Night Walk Special

- A breathtaking walk through "light and shadow" — from Tokyo Tower, a symbol of modern Japan, to Zojoji Temple, the sacred burial site of the Tokugawa clan
- Sharpen all five senses through breathing techniques and mindful walking rooted in the ninja's mountain training wisdom
- A historic immersion into the mind, technique, and body of the ninja — set against the backdrop of the Tokyo cityscape
- A meditation practice that transforms the noise of the city into "the presence of enemies" and "the sounds of nature" — ultimately finding stillness within
- A Zen retreat in the heart of Tokyo — restoring balance to mind and body through the Nindo wellness method

# 体験

experience

- Ninja-Inspired "History & Wellness" Activity
- Experience Kuji Breathing & Shinobi Walking
- Mental Clarity & Inner Stability
- Awakening of the Five Senses
- Tokyo Like You've Never Seen It
- Feel History in Your Body
- Reconnect with Your Softer, Deeper Sensibilities



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Night Walk



Many people imagine ninja as fantastical figures — leaping through the air, breathing fire, or creating clones. But the reality was quite different.

A ninja's true mission was to gather and deliver information. To succeed, they needed to master control of their own mind — staying calm, focused, fearless, and able to connect with others in any situation.

The practices real ninja used in their training were grounded and powerful: unique breathing techniques, meditation, and mudra (hand signs).

By learning these methods, we hope you will discover new possibilities — and unlock a greater vision for your own life.

Ninja



# Event Details

Date	5:30 PM – 7:30 PM (17:30 - Meet up / Experience - 18:00-19:30)
Time Duration	2 Hours
Minimum & Maximum Group Size	Minimum 3 – Maximum 10 participants (※ Individual bookings accepted; tour will be cancelled if fewer than 3 participants)
Booking Deadline	3 days before each tour date
Cancellation Policy	<ul style="list-style-type: none"> <li>• Same-day cancellation: 100%</li> <li>• 1 day before: 50%</li> <li>• 2 days to less than 1 month before: 30%</li> <li>• More than 1 month before booking date: Free</li> </ul>
Requirements	<ul style="list-style-type: none"> <li>• In good health and able to walk at a slow pace</li> <li>• No doctor-imposed activity restrictions</li> <li>• Able to follow organizer's instructions and safety guidelines</li> </ul> <p>※ Not eligible to participate:</p> <ul style="list-style-type: none"> <li>• Pregnant women</li> <li>• Children under 13 (※ Contact us in advance if accompanied by a guardian)</li> <li>• Heavily intoxicated individuals</li> <li>• Those with heart conditions or doctor-imposed activity restrictions</li> <li>• Those with fever or feeling unwell on the day</li> </ul>
Dress Code	Please wear comfortable pants and sturdy walking shoes. As the experience takes place outdoors, we recommend dressing in layers appropriate for the season and weather.
Inclusions	<ul style="list-style-type: none"> <li>• "Ninja Zen Walking" Certificate of Completion</li> <li>• Beverages during the session</li> <li>• Kuji-in folding booklet</li> <li>• Ninja Zen guidebook pamphlet</li> <li>• Photo session with a ninja</li> <li>• Tenugui (traditional Japanese hand towel)</li> </ul>



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zenmeditation.ninja-idea.jp

