



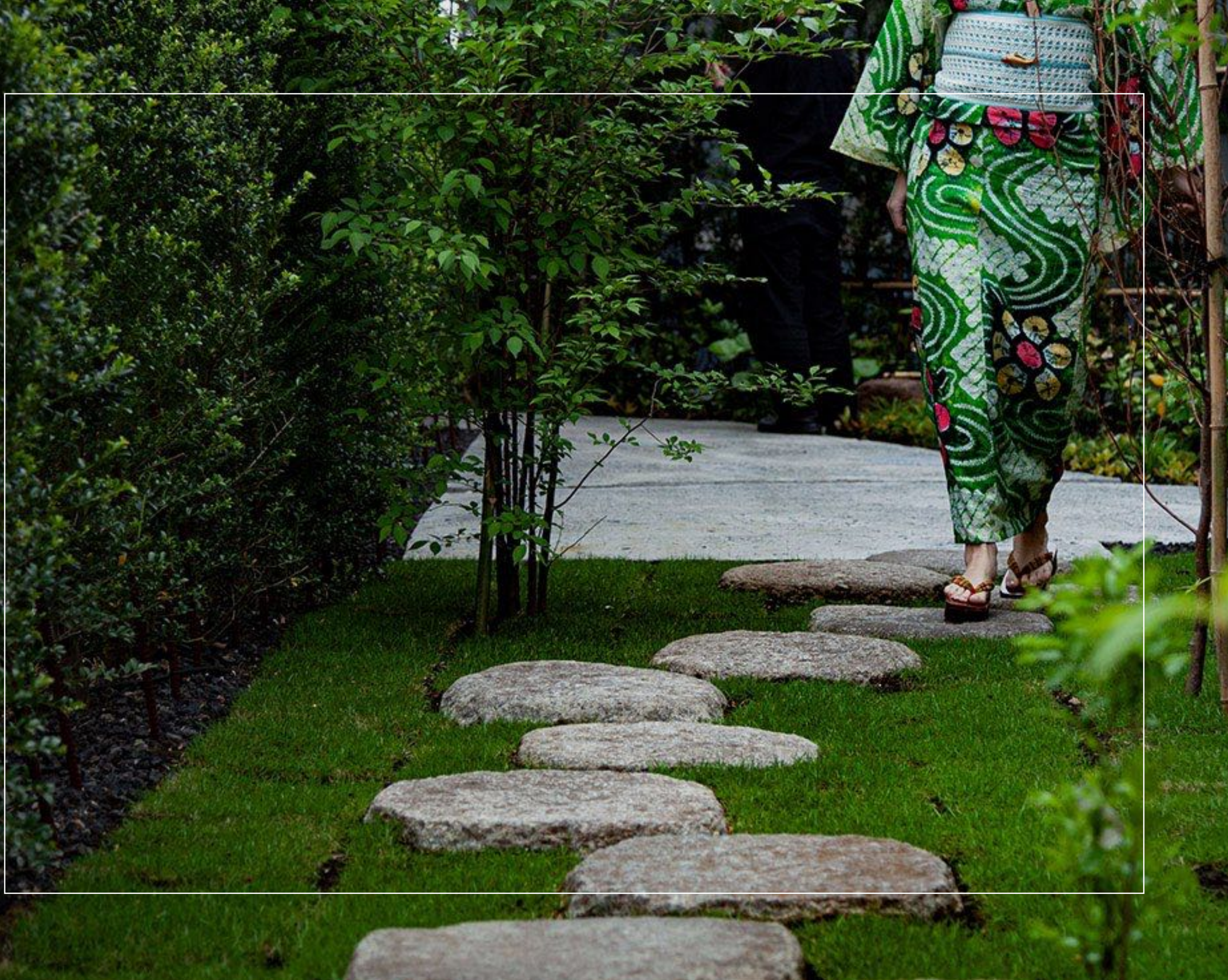
kishi-ke





MODERN RYOKAN KISHI-KE





01 CONCEPT

Feel the chisoku

In everyday life, it is hard to focus on yourself, on your life, on the present. By changing the environment, you are able to focus on the now and notice new things about yourself. Chisoku is not only about the satisfaction itself but also it is about realization and accepting where you are in your life- explains Shoshun Takai (the former head of the oldest Zen training monastery in Japan).

Chisoku is a Zen concept which means 'to know the feeling of being fulfilled with the now'. From the Buddhism shojin cuisine breakfast to various cultural workshops and experiences everything in modern ryokan kishi-ke is there to bring the guests closer to the feeling of chisoku.

**Focus on now. Feel the seasons, the people, the change.
Learn how to find chisoku in your daily life.**



02 HISTORY

Nobuyuki Kishi is a descendant of a samurai family from Okayama and since 2016 he is also the 16th head of the family. *"During my career, I met many stressed and burnout people. I'd started to think if there was a way to help them. Then I remembered the Zen concept I was taught by my late grandfather - the chisoku. The goal of kishi-ke is to help people through this concept to achieve inner harmony by mindfulness. The kishi-ke modern ryokan is not only mine but it is a place shaped by the thoughts of everyone of the Kishi family."* - **Nobuyuki says.**





03 STAY

STAY & EXPERIENCE

kishi-ke is an escape from daily life. By immersion in Japanese culture guests experience something exclusive. Traditional materials, outstanding design, ocean view, private zen garden, wabi-sabi, history - everything to find inspiration, stimulus - to find chisoku.

We believe the luxury is not about the money spent, it is more about how people feel, whether they can grasp the feeling of fulfillment with the moment, escape their everyday lives.



Washitsu – the heart of our ryokan. The place where the guests enjoy the food, the cultural experiences and activities. The view of the ocean and pine trees from the panoramic window at one side and the view of the Japanese garden on the other side.



We believe that sleeping is very important and we made a lot of effort to embrace this zen spirit in the bedroom. The best mattresses, beddings, simplicity.



The highest class hinoki bath, pottery, bowls, tools, antique vases, traditional decorations - everything is one of a kind and many things are made by the masters for kishi-ke.



Designed by the architect Ryohei Tanaka (former member of Kengo Kuma & Associates) and the landscape architect Akihiko Ono.



04 WABI-SABI

Wabi-sabi is the concept which means the appreciation of things as they are – with cracks, rust, simplicity and seeing the beauty in them.

It is deeply connected to the chisoku.

With this concept in our minds, we have selected things, furniture, elements in kishi-ke. Crafted, designed products made by the best Japanese masters. Exceptional things of one of their kind.







05 DINING

The guests start their day with a mindfulness plant-based shojin kaiseki breakfast made with local vegetables and according to the rules of Buddhist temple cooking. Slowly savoring the flavors, focusing on what is eaten, how is eaten, the background story, the weather, ocean color, the feelings. Finding chisoku through food.

For dinner and lunch, we can arrange the chef or take the guests to one of Kamakura's best restaurants.



06 EXPERIENCE

In kishi-ke we believe traveling is all about experiences. That is why we want to provide the best authentic experiences which will add value to our guest lives.

What makes us different?

All activities embrace nature and seasons, Japanese hospitality (omotenashi), mindfulness, Japanese culture to bring you closer to the feeling of chisoku.





We hope in addition to the new skills, the guests will take the ability of feeling chisoku with them.





CHISOKU EXPERIENCE

Based on Zen concept chisoku, 1-day experience package is a perfect starter of Japanese culture – mindfulness activities, traditional cuisine (shojin), tea ceremony. Forget about the whole world and feel the satisfaction with the present moment – the chisoku.

The chisoku introduction

After arrival please enjoy the welcome tea as we introduce you the concept of chisoku. To deepen the understanding of it, we have prepared two mindfulness activities for you to choose – zen garden practice and hinoki bath.

Zen garden practice - karesansui. The Japanese rock garden was originally made in places which were too small for a pond. The rocks and sand represent the flow of water. Creating the garden, focusing on the process is a form of mindfulness practiced by monks.

The hinoki bath is not just for relaxation. Clean your body, calm your mind. The spacious bathtub is made with a hinoki wood which is proven to be calming autonomic nerve activity – a shinrin-yoku experience. Forget your daily life and focus on how you feel.



Shojin cuisine

Japan is famous for its rich food culture and the plant-based shojin cuisine of Buddhist monks is one of its roots as the kaiseki is told to have its origin in it. The shojin cuisine is based on seasonal ingredients and preparing it is in itself a mindfulness practice. Learn the basic rules and prepare a full course meal.





Tea ceremony



一期一会 ichigo-ichie

Everything happens only one time in the lifetime hence every moment is unique and should be appreciate. In our busy life it's hard to find a moment to stop and focus on the present. The tea ceremony is all about the now, the chisoku.



Focus on what's in front of you. Enjoy the tea made by the tea master, make the tea for the tea master – different perspectives, different experiences all once in a lifetime encounters. We offer two tea ceremonies styles: matcha (powder tea) and sencha (loose leaves).



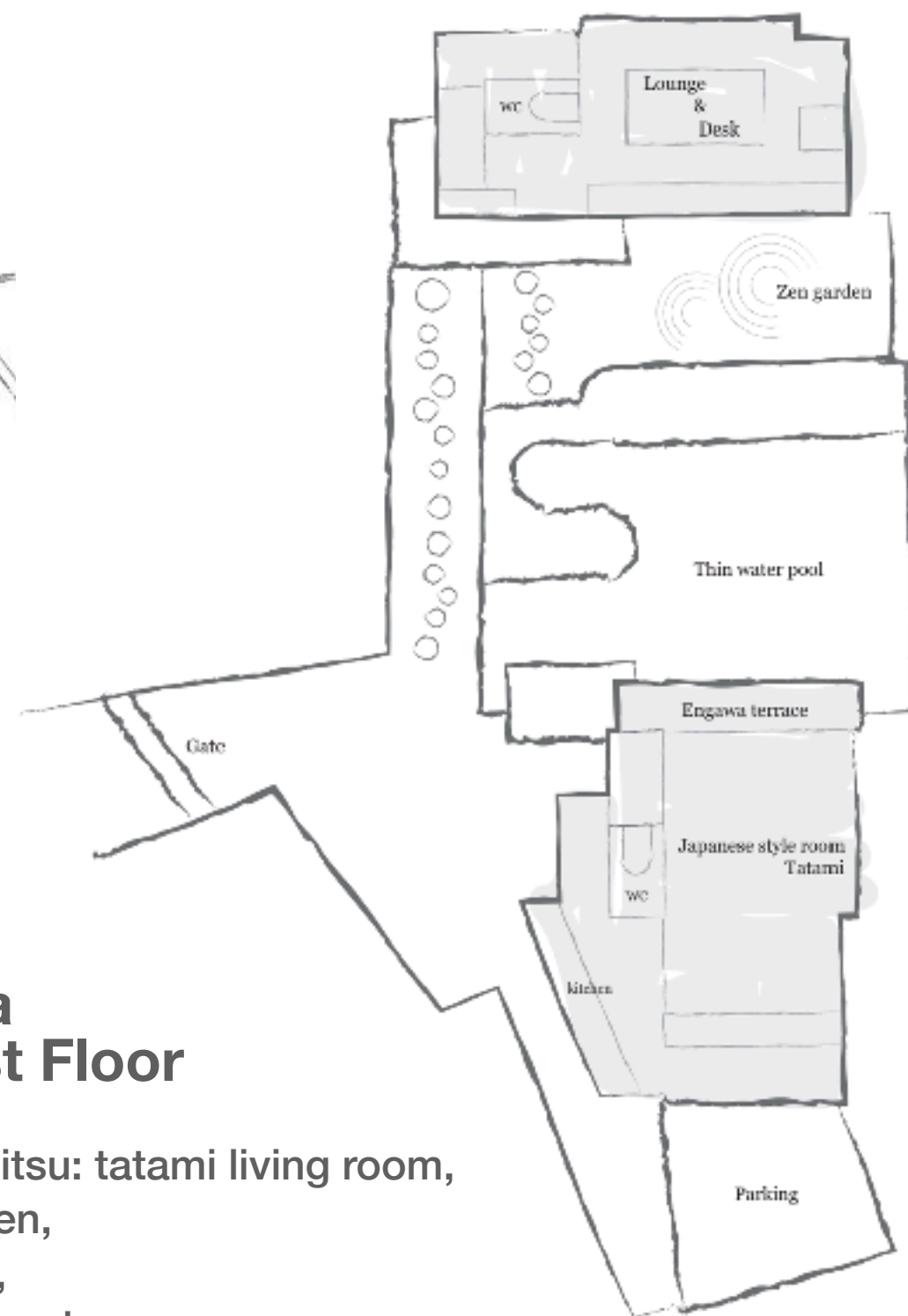


08 KISHI-KE

private modern ryokan
for one group of
up to four people

- the villa (88m²)
- private Zen garden
- the lounge





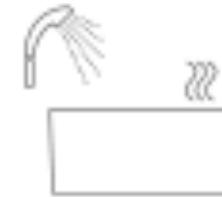
Villa First Floor

washitsu: tatami living room,
kitchen,
toilet,
Zen garden



Villa Second Floor

twin bedroom,
hinoki bath & shower,
bathroom,
toilet,
laundry machine,
veranda,
roof balcony



selected amenity and services:

luxury amenity kit

free wi-fi

bathrobes, samues, pajamas, towels

free pick-up

concierge service

free breakfast

free drinks

free pick-up

reception, concierge service

room cleaning service

baggage room

baggage delivery service

kitchen

laundry

morning-call service

air conditioning, heater

private spa (paid)

private dining (paid)

free parking for one car

free photo service

free bicycle

first-aid kit

Sony projector and speakers

safe box

more...

Rates per night

- breakfast included
- children 0-2 years stay for free
- recommended number of people: 4

	with tax (10%)
1 person	104500 yen
2 people	165000 yen
3 people	247500 yen
4 people	330000 yen

access

We are located in Sakanoshita, Kamakura

Narita International Airport – approximately 120 min

Haneda International Airport -approximately 60 min

The nearest train station – Hase – 5 min walk

Free pick-ups from the airport or hotel located in Tokyo

location

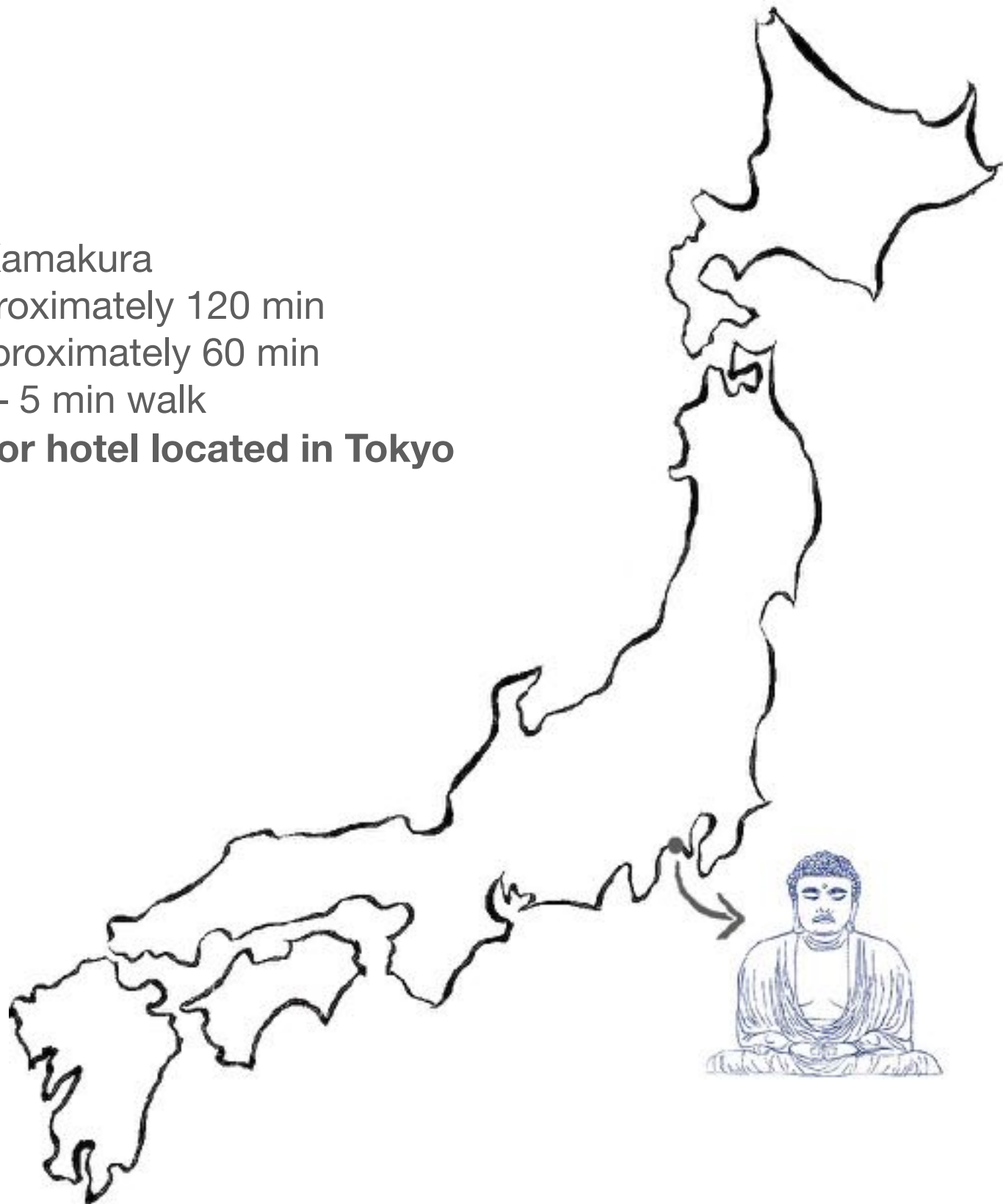
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