

MINDFUL SHOJIN RYORI

EXPERIENCE VEGAN JAPANESE TEMPLE CUISINE
PRACTICALLY WITH YUKA YAMASAKI



September 27th – October 04th 2025
Santa Cruz de La Palma, Canary Islands

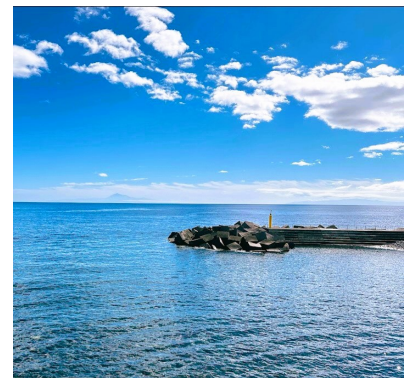
Shojin Ryori, what is it? This plant-based cuisine has been established in Buddhist temples in Japan for more than 800 years. It combines sophisticated cooking techniques with a mindfulness-based aesthetic. The basic concepts to create a balanced meal are the preparation of dishes that combine the five colours, the five cooking methods and the five flavours. In addition there is in Shojin Cuisine also the 6th taste, tanmi, the plain one. It means appreciating and emphasizing the natural flavours and characteristics of the ingredients. This is why connoisseurs say that Shojin cuisine strengthens mind and body and relieves stress.



The 5-day cookery course: Learn how to make vegan Buddhist meals and feel the atmosphere of an authentic Japanese kitchen as you cook and chat together with Yuka Yamasaki, master of medicinal cooking and buddhist cuisine! Create seasonal shojin dishes like miso soup, vegan broth, ginger rice, goma dofu (sesam tofu), varies tofu-dishes like shira-ae, tsukemonos (vegetables pickles) and warabimochi with matcha (japanese sweets), anko from azuki beans, amazake (fermented rice drink), vegan sushi...



The preparation of koji, one of the greatest culinary treasures of the Japanese cuisine, takes a few days. Therefore, we take the opportunity of this intensive course to show you the secrets of this fermentation process, which produces a variety of enzymes that give many dishes their rich umami flavour and boost your microbiom.



Our Island excursions will take us into the rich nature with wonderful ecosystems of La Palma, the volcanic island designated as a UNESCO biosphere reserve. We will take relaxing walks in beautiful places by the sea and in laurel forests and also visit regional markets and eco-fincas. Just a five-minute walk from Casa Las Enanas is the well-kept and safe blue flag beach which guarantees excellent water for your daily bathing in the Atlantic Ocean.



The mindfulness program begins in the morning with zazen. After breakfast there is a relaxing Feldenkrais lesson with Gabriele Lex, Zen and Feldenkrais practitioner. The themes of the lessons will help you to find your inner balance and rhythm and focus on mindfulness, breathing and in particular on the sense of smell and taste.

Course programme:

7:30h Zen

8:30 Breakfast

10:00 – 11:00h Feldenkrais lesson

12:00 – 15:00h Shojin Cuisine Cooking Class

3 x Island excursions

(We reserve the right to make slight changes to the daily programme)

Included services:

5-day Shojin Cuisine– course

7 nights in a double room in „Casa Las Enanas“, single rooms on request

Vegan full board

3 x Island excursions

Not included: Transfere from the airport of La Palma (SPC) to “Casa Las Enanas” :

but it can easily reached by bus (guagua) or only 12 minutes by taxi.

The flight must be booked separately and is not included.

Course instructors:

Yuka Yamasaki is a Japanese culinary expert specializing in Shojin Ryori (Buddhist vegetarian cuisine). She has held cooking workshops in 9 countries across Oceania, Asia and Europe, bridging cultures through food. Yuka has a background in medicinal cooking and macrobiotics, as well as culinary experience in organic and vegetarian restaurants. She studied under Ms. Mari Fujii, a master of Shojin Ryori. Drawing from her own experience with allergies, she has researched and developed delicious gluten-free Shojin Ryori dishes. Yuka conducts workshops and showcases of Shoji Ryori to make this rich Japanese tradition accessible to a wider audience.

https://www.instagram.com/yuka_forestkitchen/

Gabriele Lex is a practitioner of Feldenkrais and Zen. For many years, she has been cooking and enjoying shojin cuisine, which she discovered through Elizabeth Andouh's wonderful book “Kansha” and has deepened her knowledge of shojin ryori through cooking classes with Kaoru Iriyama, Miki Maeda, Mari Fujii and Yuka Yamasaki. She has also experienced this cuisine in Shojin restaurants during her travels in Japan and her stays in Buddhist temples. Gabriele holds and organizes mindfulness seminars and courses:

<https://bemindful-courses.com/>

APPLICATION

SHOJN RYORI-COURSE
September 27th – October 04th 2025
Santa Cruz de La Palma/Canary Islands

I HEREBY REGISTER FOR THE ABOVE COURSE:

Surname, first name.....

Street, house number.....

Postcode, place of residence.....

Telephone.....

Email.....

Signature.....

Please send your registration to: info@bemindful-courses.com

The cost of the course, including accommodation in a double room and full board, is 1090,00 €, early bird until July 15th 2025: 990,00 €. After receipt of your registration you will receive the bank details for the transfer of the seminar fee. The binding reservation of the course is made by sending the registration and receipt of payment.

CANCELLATION

In the event of cancellation by the organiser: The organiser may withdraw up to two weeks before the start of the course if the minimum number of participants has not been reached or due to unforeseeable circumstances such as illness etc.. In this case, the seminar costs already paid will be refunded. There is no entitlement to compensation.

In the event of cancellation by the participant: If the participant cancels up to 8 weeks before the start of the course, the cancellation costs are 50% of the seminar fee and up to two weeks before the start of the course 20%. In the event of cancellation less than two weeks before the start of the course, no cancellation costs can be claimed.

Take out seminar cancellation insurance: Something unforeseen can always happen, which is why we recommend taking out appropriate insurance.