

# Cultural Events



Connecting Pyeongtaek-USFK-Matsuyama

## International Meditation Culture Exchange

The first Session :

- April 25, 2026 (Saturday)
- Time : 10:30 AM - 12:00 PM (KST)  
(US: April 24-6:30PM PT / 9:30 PM ET)
- location : Online (Zoom)

RSVP : Google Form



This free session is open to everyone and will take place online every last Saturday of the month from April to September, 10:30 AM to 12:00 PM (Korea Time).

**Ganhwa Seon -Korea / Mindfulness - USA / Zazen - Japan**  
**Experience Three Meditation Traditions**

Organizer Inner Light Seon Meditation Center Sponsor 

### Meditation and Exchange with Pyeongtaek and USA!

Pyeongtaek City in South Korea is a friendship city of Matsuyama City and we have developed various cultural exchanges. We invite you to experience "Meditation"—a way to calm your mind and relax with your eyes closed—together with residents of Pyeongtaek and the American community.

Support in English and Japanese is available.

1. Online International Meditation Sessions via Zoom

◆ Schedule (4 sessions in total) : Every last Saturday of the month

Session 1 : April 25 (Sat), 2026

Session 2 : May 30 (Sat), 2026

Session 3 : June 27 (Sat), 2026

Session 4 : July 25 (Sat), 2026

◆ Activities : Experience various types of meditation :

- Seon (Zen) Meditation : To calm the mind
- Ganhwa Seon (Koan) Meditation : Deepening focus through Zen riddles
- Breathing Meditation : Focusing on the breath
- Singing Bowl Meditation : Healing through sound and vibrations
- Metta (Loving-kindness) Meditation : Wishing for the happiness of all

Cultural Exchange : Time for participants to talk and share experiences

◆ Cost : Free of charge (0 yen)

◆ Registration : Please apply via the Google Form below.

◆ Inquiries : [innerlightmc@gmail.com](mailto:innerlightmc@gmail.com)

◆ Organized by : Inner Light Seon Meditation Center Supported by : PIEF (Pyeongtaek International Exchange Foundation)

※ You don't have to attend every session to participate



### Nihongo Chounaikai

Hello! We are Nihongo Chounaikai. We hold regular gatherings for both Japanese and non-Japanese people to communicate and share information. Please check our Facebook and Instagram for more information.

Email: [n.chounaikai@gmail.com](mailto:n.chounaikai@gmail.com) (Ayumi MIYATA)



Facebook Instagram

### Taiko Lessons

Japanese drum (taiko) lessons are given at Matsuriya Tauchi, located on the corner just south of the Teppochō streetcar station.

Teppochō 1-8, Matsuyama

Tel. 089-925-3591

Email: [tauti@jasmine.ocn.ne.jp](mailto:tauti@jasmine.ocn.ne.jp)



### Making Matcha for a relaxing experience



Experience a bit of Japanese culture by whisking your own matcha. If you wish, you can experience, Tamara, a kind of Reiki, for relaxation. Sponsored by Maru.

July 23 (Monday) 11:00-15:00

Location: Yuzuki Castle Museum in the southern part of Dogo Park.

Fee: 1st serving ¥500, 2<sup>nd</sup> serving ¥300

July 25 (Saturday) 11:00-15:00

Location: Ninomaru Historical Site Garden (Admission ¥200)

Fee: 1st serving ¥500, 2<sup>nd</sup> serving ¥300

### SGG Club

The SGG Club trains and provides volunteer goodwill guides who are ready to assist visitors from overseas. Please contact us if you need guides or translators. We can provide guides who speak English, Spanish, Chinese and Korean.

INFO: <http://ehimesgg.sakura.ne.jp/>

### Videos made in Ehime to promote intercultural understanding

To give Ehime residents a perspective on the kinds of things that foreign residents may have difficulty with living in Japan, the Ehime Prefecture Human Rights Education Section has created two videos, each about 10 minutes long and available on YouTube:

1. *Help Us!*

[https://www.youtube.com/watch?v=CWqhw4\\_9sLs&t=199s](https://www.youtube.com/watch?v=CWqhw4_9sLs&t=199s)

2. *Ehime is our Home*

<https://www.youtube.com/watch?v=syolNvDzw-4>

### Free admission for Matsuyama Castle

People 65 years old and above are given free admission to the following: Matsuyama Castle, Ropeway (chairlift/gondola) and Ninomaru Historical Garden.

You will be asked to show ID to show that you are of age and a resident of Matsuyama City.