



Shōjin Ryōri

Food as a Practice of Mindful Eating

Shōjin ryōri, a traditional Japanese vegetarian cuisine rooted in Buddhist teachings, especially Zen, is not merely a meal but considered part of the spiritual practice itself. The term "shōjin" reflects dedication to spiritual growth, with the cuisine aiming to purify both body and mind. Eating is treated as a mindful practice, fostering gratitude for the ingredients and bringing balance to the mind. Shōjin ryōri thus transcends vegetarianism, embodying a deep spiritual philosophy through food.

Zenshuji Soto Mission will hold a workshop to experience shōjin ryōri as follows:

Date: Sunday, October 27, 2024, 12:30 PM ~ 2:30PM

Place: Zenshuji Soto Mission

Fee: \$35 (Zenshuji member), \$40 (Non-member)

Capacity: 35 participants

To register, please contact us by phone or email. Registration will close once capacity is reached.

Zenshuji Soto Mission

(213) 624-8658

office@zenshuji.org



Special Guest Tenzo: Rev. Daiki Orihashi

Rev. Orihashi graduated from Komazawa University in 2011. He later trained at Daihonzan Sojiji Temple for 3.5 years and then studied at a culinary school for one year to be a licensed chef.

After the acquisition of the license, he worked as a chef for 7 years at the Hotel Auberge in the city of Hakone.

In 2023, he renovated an old Japanese resident adjacent to his own temple and started a restaurant where he serves *Shojin-ryori* breakfast.