



## INTEGRATED TEA CEREMONY

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Experience a serene journey of mindfulness with our Integrated Tea Ceremony—a unique blend of Japanese tradition and modern well-being practices.



Rooted in ancient wisdom for our fast-paced world, each movement and sip invites you to slow down, reconnect, and embrace the present. Blending timeless ritual with scientific and fresh insights, it harmonizes mind, body, and spirit—bringing clarity, calm, and inner peace to modern life.



1-5 people  
90 minutes  
[at Zen House Kominka]  
\$300 per group  
(\$150 for overnight guests)  
[at Trout Creek School]  
\$150 per group

## CONTACT

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# INTEGRATED TEA CEREMONY WHERE CULTURE, BEAUTY, AND CALM MEET

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I had the good fortune, along with two friends, to experience the tea ceremony at the Zen House Kominka with Kiyomi Koike. The kominka, set on a hill outside Enterprise, offers breathtaking mountain views.

We were warmly greeted by Kiyomi in a stunning blue kimono. She dressed us in beautiful kimonos, a complicated yet fun process to watch.



After a short tour and video on the history and cultural significance of tea, we gathered in the Tea Room for a traditional ceremony.

Inspiring, symbolic, and relaxing—we left feeling peaceful, honored, and enriched.

I highly recommend this remarkable cultural experience!

Kathy Drake  
Joseph, Oregon

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