

# Green Mindfulness Retreat

## 1-Day Introduction to Theory and Practice at Seifūsō Villa

Hosted by Kyoto University on Friday, June 6, 2025 from 10am to 5pm

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This program explores the benefits of the **contemplation of nature** by introducing the philosophy, psychology, and main practices of **Mindfulness (-Based Cognitive Therapy)** in the form of an **immersive journey** across the Japanese traditional architecture, garden, and landscape of Seifūsō Villa. It combines psychoeducation, self-reflection, group discussion, meditation exercises (including “sense foraging” practices), and experiential learning.

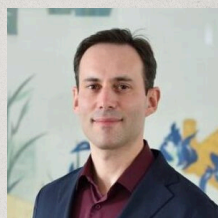
In our age of digital distraction, this one-day retreat relies upon an **ethics of attention** that aims at reconnecting with oneself (and one’s deeper values and goals), with others, and with the natural world. The core principles and main methods of mindfulness will be presented according to three core themes: (1) attentional control, (2) self-awareness, and (3) emotion-regulation. Weaved together, they ultimately point to a more authentic way of being or presence: open, stable, and able to skillfully respond (and not automatically react) to the various challenges of our lives.

Recent research shows that **nature immersion mindfulness-based programs** (labelled here as “green mindfulness”) help to reduce fatigue, mitigate stress, anxiety, and negative thinking, to restore attention, and to improve cognitive functioning and overall well-being.

### Facilitated by:



Alanna Sethi,  
2024 Laidlaw Scholar,  
University of Toronto



Dr. Marc-Henri Deroche,  
Associate Professor,  
Kyoto University



Ryotaro Kusomoto,  
Research Fellow,  
Kyoto University

### Program Details:

- Free, offered to Kyoto University undergraduate and graduate students
- Conducted in English
- Limited to 20 participants

### Register Online now!

