

今週の展示

地域の暮らしと 健康長寿

心身の癒し、健康や長寿の秘訣が
詰まった京都府各地の豊かな自然、
生活様式、食文化とそれらを体験できる
ツアーをご紹介します。

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Life

This Week's Exhibition



Community life and healthy longevity

We will introduce you to the rich nature, lifestyles, food culture, and tours of various parts of Kyoto Prefecture, which are filled with the secrets to healing the mind and body, health, and longevity.

1-1 Nantan's New Lifestyle: The Practice of Moxibustion for Self-Care and Well-Being

Exhibit

"YOJO/OKYU (Yojo Okyu)," moxibustion for well-being, born in Nantan City, a place striving to become a mecca for self-care."

Moxibustion: Aligning Your Body with the Seasons for a Harmonious Life

Yojo is the art of balancing your mind and body by living in harmony with the seasons. Based on the traditional 24 seasonal divisions, "YOJO/OKYU" offers 12 unique packages, each with its own fragrance, released in sync with the changing seasons.

YOJO/OKYU proposes a new way of practicing moxibustion

Use one "YOJO/OKYU" daily. Place it on your skin and turn your attention to the rising moxa smoke and the aroma of the current season. Consciously engage your five senses and simply feel "your feelings in this moment" and "the sensations in your body as they are."

Nantan City

47, Kozakura-Machi, Sonobe-Chou, Nantan-City

YOJYOnet.Co.,Ltd.

6-1, Hinotani, Honoda, Hiyoshi-cho, Nantan-City



1-2 Underwear to help you feel healthy and uniquely you.

Exhibit

Introducing YOJOY, self-care underwear inspired by the Japanese yojo tradition—a health concept woven into the fabric of our lives.

YOJOY supports women's self-care to improve their mind and body.

YOJOY is underwear designed to embrace the daily fluctuations of your body, from the changing seasons to your menstrual cycle.

Developed with the oversight of a wellness expert.

On the official YOJOY website, you can take the "Yojo Check," a tool overseen by Professor Ito of Meiji University of Integrative Medicine, an expert in Oriental medicine. This check helps you understand your personal type and state by identifying your body and mind's daily fluctuations.

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WACOAL HOLDINGS CORP.

29 Nakajima-cho, Kisshoin, Minami-ku, Kyoto-City



1-3 **An app for understanding and managing the mind and body exhausted by a stressful society.**

Exhibit

"YOMOGI+," an app that helps you track your mind and body's fatigue, empowering you to manage your own health.

Which type are you?

By answering a few questions, you can learn your health type and receive personalized guidance on self-care and medical consultations. Once you know your type, it's time to experience yojo firsthand. Leave your daily routine behind and reconnect with your body.

Your next chapter awaits in Nantan, the city of well-being

Enjoy delicious food and be soothed by the great outdoors in Nantan, Kyoto's forest. Share your thoughts on social media with the hashtag #NantanYojo.



Nantan City

47, Kozakura-Machi, Sonobe-Chou, Nantan-City

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2-1 Magnificent Scenery and Vibrant Life: Kitayama Cedar, a World-Rare Tree

Exhibit

that have a shape like a palm of a hand are called "daisugi."

Kitayama logs, known as Kitayama Maruta, are logs that have been grown, harvested, and peeled from vertical standing trees that have been pruned.

"The 'Forest of Life' nurtured by the forestry of Kyoto's Kitayama and Keihoku regions."

Kitayama Sugi, or Kitayama cedar, is a type of cedar that is cultivated in the northwestern part of Kyoto City. It takes about 20 years for a log to grow to a diameter of five centimeters. Its cultivation began 600 years ago, and it's said to be the oldest man-made forest in the world. A tour of the Kitayama Sugi village lets you explore the forest and the community while learning about the local techniques and culture.

The graceful elegance of Kitayama cedar discovered by Sen no Rikyū.

During the Muromachi period, Kitayama cedar was discovered by Sen no Rikyū, who perfected the tea ceremony culture. Because of its beautiful luster, it was used in tearooms and sukiya-style teahouse architecture.



itswellness.org

2-28-4-2F, Higashinohonbashi, Chuo-ku, Tokyo

Exhibit Cooperation/Kitayama Cedar Utilization Promotion Project, Kitayama Forestry Branding Promotion Consortium

2-2 One of Kyoto's most representative trees.

Exhibit

Hinoki cypress

Japanese cedar (sugi)

Kuromoji (spicebush)

Japanese pepper (sansho)

A sensory experience of touch and scent.

We've gathered a collection of trees with deep connections to Kyoto. These trees are essential for forest bathing due to their rich, abundant fragrances. Look at, touch, and smell the branches and leaves, and feel the Kyoto forests up close.



itswellness.org

2-28-4-2F, Higashinohonbashi, Chuo-ku, Tokyo

Exhibit Cooperation/Satoyama Nature & Wildlife Institute, [morinoseiyujo・alveare.co.ltd](https://morinoseiyujo.alveare.co.ltd)

2-3 **Bamboo roots (rhizomes) overflowing with vitality that connect life**

Exhibit

bamboo rhizomes

Similar to their culms, bamboo roots are incredibly vigorous and expand without limit. With their nodes and thin root hairs, they connect with other roots beneath the ground, ensuring the continuous life of the bamboo forest.

Enjoying a peaceful solo time in a bamboo forest

In the bamboo forest, where vibrant green meets earthy brown, you'll find a world of profound and mystical stillness. Take some time for yourself—walk, rest, and let your mind relax completely.

A renowned bamboo region with a history spanning more than 1,000 years

The Nishiyama mountain range, which stretches from Arashiyama, is a dense bamboo habitat. For over 1,000 years, bamboo has been cultivated here and utilized in temple and shrine landscapes, gardens, tea ceremony utensils, bamboo crafts, bamboo shoot cuisine, and various bamboo products.



itswellness.org

2-28-4-2F, Higashinohonbashi, Chuo-ku, Tokyo

Exhibit Cooperation/DELICE KYOTO CO., LTD.

2-4 The gentle, calming new buds of the tea plant.

Exhibit

Young tea plants grown in Mikazuhara, Kamo-cho, Kizugawa City. These are saplings planted before they are moved to a tea plantation. The tea plant is an evergreen tree that stores nutrients in its roots during winter, puts out new buds in spring, and continues to grow until fall.

※When touching the leaves, please be gentle and use only your fingertips. Be careful not to damage the leaves with your nails or fingers. The new buds are baby leaves and are very delicate. Please give them your support so they can grow up healthy.

Deeply breathe in the wind and birdsong while gazing over the tea fields.

The tea fields, stretching out as far as the eye can see, are a sight that is gentle on the eyes and calming to the heart. If you find yourself near a tea plantation in the southern part of Kyoto Prefecture, in "Kyoto, the City of Tea," why not take a deep breath while gazing out at the fields in the distance?

Please note: Tea fields are private property belonging to tea farmers and are not open to the public. Please do not enter without permission.

Cultivated without the use of pesticides or chemical fertilizers.

In "shinrin-yoku" (forest bathing), we place great importance on "being natural." The tea sold at the Sumimoto family's tea farm is grown without the use of pesticides, chemical fertilizers, or herbicides.



itswellness.org

2-28-4-2F, Higashinohonbashi, Chuo-ku, Tokyo

Exhibit Cooperation/Tea farm SUMIMOTOKE, Specified Nonprofit Corp. Furusato Annai Kamo

3-1 A Beach with Singing Sand

Exhibit

Singing Sand of Kotohikihama

When you walk barefoot, you can experience the rare phenomenon of singing sand, which makes a distinct squeaking sound. This is a very rare occurrence in all of Japan.

Singing sand is proof of a pristine beach.

Because the sand stops "singing" with even minor environmental changes, such as pollution, it is also known as an "environmental barometer."

The Beach for Healthy Walking

At this beautiful beach, which local people have protected for generations, you can refresh your mind and body. The clear air, ocean breeze, and gentle sound of the waves will calm your mind.



Kotohikihama Singing Sand Museum
1250 Kakezu, Amino-cho, Kyotango-City

3-2 Cuisine of Kyotango that Promotes Health and Longevity

Exhibit

In Kyotango, a region once home to the world's longest-living man, we'll introduce you to the secrets of longevity. Experience the local ingredients with recipes for traditional cuisine, along with a special placemat that details how to create a balanced meal.

A bounty of seafood from the Sea of Japan and seasonal vegetables

Surrounded by mountains and the sea, Kyotango is rich in seasonal vegetables that are high in dietary fiber, which helps to improve gut health. The seafood from the Sea of Japan is rich in protein, while the local seaweed is full of soluble fiber. These are some of the ingredients that the region's long-lived residents have been eating since they were young.

Fermented Food Culture

Fermented foods like miso improve your gut health and boost your immune system.



Kyotango city

385-1 Amino, Amino-cho, Kyotango-City

3-3 Kyotango Health Tourism: A VR Experience

Exhibit

You can experience the beautiful natural scenery and daily lives of the people of Kyotango City in VR. Why not take a moment to find some healing?

Secret to Health and Longevity

Kyotango City is known as a city of health and longevity, where the centenarian ratio (the percentage of the population over 100 years old) is about three times the national average. In this city, you'll find hints to a long and healthy life in the simple, everyday things: its nature, culture, and food.

The beautiful sea of Kyoto.

In Kyotango, a healthy and long life is fostered by exercise. The city is located on the Sea of Japan, so you can move your body while taking in the stunning coastal scenery. This is a lifestyle shared by Jiroemon Kimura, who was once certified as the world's oldest man and also lived by the sea.



Kyotango city Tourism Association
367 Amino, Amino-cho, Kyotango-City

A Spatial Design Covered in Kyo-Kawara “Kimono Tiles” & Featuring Non-Verbal Expression through Images and Music

This experience enables visitors to deeply engage with Kyoto’s future and past through a minimalist and serene environment unified by original Kyo-Kawara “Kimono Tiles.”

Non-verbal images and audio are also integrated in harmony with the environment, expressing its multifaceted appeal.



Video introduction



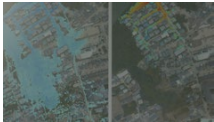
Sanjo Ohashi Bridge, severely damaged by flooding in June 1935

Location: Provided materials
Cooperator: Kyoto Prefectural Government



Acupuncture

Location: Acupuncture Retreat in the Woods (Nantan-City)
Cooperator: Miyama Satoyamasha



Disaster simulation

Location: Ujigawa Open Laboratory,
Disaster Prevention Research Institute,
Kyoto University (Fushimi-ku, Kyoto-City)
Cooperator: Disaster Prevention Research
Institute, Kyoto University



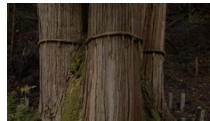
Cedar buds

Location: Kehoku Ukyo-ku, Kyoto-City



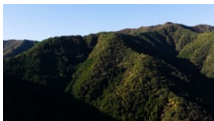
Disaster simulation

Location: Ujigawa Open Laboratory,
Disaster Prevention Research Institute,
Kyoto University (Fushimi-ku, Kyoto-City)
Cooperator: Disaster Prevention Research
Institute, Kyoto University



The three great cedar trees of Hanase

Location: Kehoku Ukyo-ku, Kyoto-City



Mountain range

Location: Near Miyama Nijinoko Lake
(Nantan-City)



The faces of elderly persons

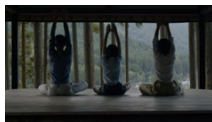
Location: Yasaka-cho Kyotango-City (Kyotango-City)
Cooperator: Iyasaka Yoshino Community Development Council

Video introduction



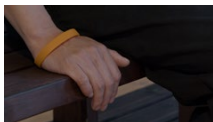
An elderly woman's hand

Location: Yasaka-cho Kyotango-City
(Kyotango-City)
Cooperator: Iyasaka Yoshino Community
Development Council



A family stretching

Location: Acupuncture Retreat in the Woods (Nantan-City)
Cooperator: Miyama Satoyamasha



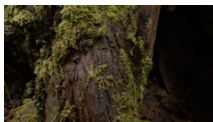
Orange ring

Location: Studio



Yuzu Nenbutsu Engi Emaki "Account of the Origins of the Yuzu Nembutsu Buddhist Sect" (Seiryoji Temple version)

Location: Provided materials
Cooperator: 「Yuuzuunenbutsuengi」
(Collection of Seiryoji / Photograph Courtesy of the
Nara National Museum)



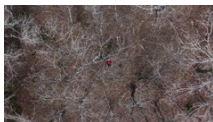
Ants crawling around the roots of the large cedar tree at Hachimangu Shrine

Location: Nakagawa Hachimangu Shrine
(Nakagawa-cho Kita-ku, Kyoto-City)



Kyoto Prefectural University of Medicine, 1915

Location: Provided materials
Cooperator: Kyoto Prefectural University of Medicine



Hiker

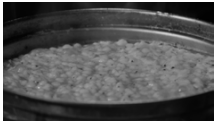
Location: Ruri Gorge Miyama Hiking Course
(Nantan-City)



Kyoto Prefectural University of Medicine, 1915

Location: Provided materials
Cooperator: Kyoto Prefectural University of Medicine

Video introduction



Sorghum porridge

Location: Studio



Wood-burning stove

Location: Studio



**The Shirakaba Nisshi
(white birch diary)**

Location: Maizuru Repatriation Memorial Museum
(Maizuru-City)

Cooperator: Maizuru Repatriation Memorial Museum



**Photograph displayed on the wall at the
Maizuru Repatriation Memorial Museum**

Location: Maizuru Repatriation Memorial Museum
(Maizuru-City)

Cooperator: Maizuru Repatriation Memorial Museum



**Diorama recreating the former state
of the repatriation port in Maizuru**

Location: Maizuru Repatriation Memorial Museum
(Maizuru-City)

Cooperator: Maizuru Repatriation Memorial Museum

The Concept of Jun'on Haikei

Jun'on Haikei is a collection of the sounds of present-day Kyoto Prefecture, in combination with sounds documented in historical records and other sources, that has been enhanced with other compositions to create a unique soundscape.

In 1996, the Ministry of the Environment (known as the Environment Agency at the time) designated the “100 Soundscapes of Japan”—a collection of sounds recognized for their particular significance in maintaining Japan’s unique acoustic environment. The Ministry accepted submissions of a broad range of environments (soundscapes) featuring sounds that communities across the country cherish as local symbols and wish to preserve for future generations. Nearly 30 years have passed since then, and it is time to revisit the sounds of Kyoto Prefecture. Today, we are witnessing the acceleration of global warming and the seasons are gradually blending together. Under these circumstances, mountains, forests, and other elements of nature are becoming more important and precious than ever. Kyoto Prefecture is blessed with a rich natural environment, where beautiful sounds can still be found. Field recordings have been made to preserve them, with the hope that no more of the environment will be lost. This collection also contains newly recorded sounds beyond those already recognized in the previously mentioned “100 Soundscapes of Japan.”

Works of literature also contain many descriptions of sounds. Before the invention of recording technology, people had been preserving sounds through verbal descriptions since ancient times. Preserving sounds through language in this way is also a form of field recording.

Field Recording List

Part-1 Rurikei stream (Nantan City) Wharf (Ine Town) Maizuru Port (Maizuru City) Miyazu Bay (Miyazu City) Iwashimizu Hachimangu Shrine (Yawata City)

Part-2 Kyoto Imperial Palace gravel (Kyoto City) Kiyomizu Temple (Kyoto City) Deer (Kyoto City) Mount Oe (Fukuchiyama City) Chirimen Kaido Tenmangu Shrine (Yosano Town)

Part-3 Kotohiki Beach (Kyotango City) Kototaki Falls (Kyotamba Town) Uji River (Uji City) Shinpukuji Temple water harp (Kameoka City) Myoshinji Temple (Taizo-in) water harp (Kyoto City)

Part-4 Ayabe-Ohashi Bridge, Yura River (Ayabe City) Minoyama Bamboo Grove (Yawata City) Koshoji Temple (Uji City) Kosei Water Park (Kameoka City) Shisendo Temple Deer Dance (Kyoto City) Gokonomiya Shrine (Kyoto City) Thunderstorm (Kyoto City)

Written Description Field Recordings List

Ohara, The Tale of the Heike: The sounds of bells, deer, and insects

Nonomiya, The Tale of Genji: The sounds of insects, wind through the pine trees, and court music instruments

Uji, Man' yoshu, two poems (1699 and 1700) composed on the Uji River: the sounds of geese and the river

Hojoji Temple, Eiga Monogatari, Vol. 17, Omugaku: Court music performances

Tango, Tango no Kuni Fudoki: Voices lamenting lost works and singing

Fukuchiyama, Oeyama Ekotoba: The sounds of thunder and ritual music

Iwashimizu Hachimangu Shrine, Noh Playwright Zeami, Yumiyawata &

Hojogawa: Mysterious music and the sounds of nighttime ritual music

Hoshoji Temple, Ben no Naishi Nikki: The sounds of sarugaku theater performances in the back of the temple and bells

Junichiro Tanizaki, Senkantei, Yume no Ukihashi: The sounds of bamboo tubes filling with water and clacking against stone

Kotohiki Beach, Kiuchi Sekitei, Unkonshi: The sounds of the sandy beach

Kagero Nikki: The sounds of carts

Rakuyo Dengakuki: The sounds of a grand ritual music performance held in the Eicho era

Composition & Arrangement: Marihiko Hara

Guitar: PolarM

Field Recording Assistance: Masumi Muranaka

Research Assistance: Rurihiko Hara

Sound Design: Raku Nakahara (KARABINERinc.)

/ Ohshiro Sound Office Inc.

Production: MHStudioInc. / TSUYURI

空間デザイン協力	Space design cooperation
Sandwich	Sandwich
京瓦タイル「キモノタイル」製作協力	Kyoto tile "Kimono tile" production cooperation
株式会社京瓦 浅田製瓦工場	ASADA KAWARA FACTORY
テーマ映像制作	Theme video production
株式会社 青空	AOZORA,LTD
テーマ音楽制作	Theme music production
原 摩利彦	Marihiko Hara

大阪・関西万博きょうと推進委員会