



R&R LIBRARY LOUNGE

**UNWIND AT THE JFLA LIBRARY.
COME AND GET A FREE ONE-YEAR MEMBERSHIP!**

R&R LIBRARY LOUNGE: SOOTHING SOUNDS AND SHIATSU



WHAT:

Thursday evening, January 28th, treat yourself to some Japanese-style rest and relaxation at the JFLA Library. A trained specialist will provide free 3-5 minute shiatsu sessions, and while you wait, you can browse our many books, magazines, CDs and DVDs as calming Japanese music selected by JFLA Director Hideki Hara plays, providing a peaceful atmosphere for you to unwind and recharge. And relax (pun intended), you will not be made to suffer through a new-age music playlist. Gain peace of mind and body, and let shiatsu take away the pressures of everyday life. Stop by anytime between 5:30-7:30pm and receive a **free one-year membership** to the JFLA L

WHEN & WHERE:
Thursday, January 28th

5:30-7:30pm

Japan Foundation, Los Angeles

(5700 Wilshire Blvd., Suite 100, Los Angeles, CA 90036)

All ages welcome.
FREE admission, no reservation required.

Street parking is available near JFLA. [Click here for Parking Info](#)
(NO PARKING VALIDATIONS PROVIDED)

What is shiatsu massage?

Shiatsu developed in Japan in the early 1900s as a result of a resurgence of Japan's traditional medical therapies, including acupuncture and anma massage. "Shiatsu" literally means "finger pressure" and serves the purpose of providing relaxation and treatment for various types of physical pain and discomfort. Shiatsu techniques include massages with fingers, thumbs, and palms, assisted stretching, joint manipulation, and mobilization.

Upcoming Events

JAPANEMA = Japanese Cinema

Arts & Culture Grants

Rental Exhibitions

Past Events: Lecture Series



Past Events: Exhibitions



Past Events: Others



Lights, Camera, Japanese! Become a Voice Over Star

Japanese Workshop: Samurai Acting

Workshop: Create Your Own Kanji & Calligraphy

Butoh Workshop by Dance Maestro Mushimaru Fujieda

An Evening with Kabuki Actor Kyozo Nakamura

Lecture & Demonstration: Samurai Spirit Alive

Words Can't Go There: John Kaizan Nepture Shakuhachi Live in Los Angeles

Workshop: Action in Japanese

Evening Time Wellness Wednesday (Yoga & Meditation)

Change the World with Onigiri 2018

Lecture & Demonstration: Noh Masks

Ask Marty

TATAKE TAKE: Let's Play Bamboo Beat!

Hands on with Japanese Handmade Paper

Bamboo Music

Japan Korea Miso

Rakugo Sankyo

Takahashi Hiroko

New Year's Cuisine

One Piece Kabuki

Time After Time

Takeo Kawaguchi - SLOW BODY

Street-style Kendama

Perspectives on Risque Cinema

Cinema Kabuki

Cinema Kabuki

R&R Library Lounge

Java and Jazz Library Lounge

Change the World With Onigiri

Japanese Design Today

Kyogen Performance/Workshop

Daidengaku Dance Workshop

Mashi Murakami Meet & Greet

Daughters of the Samurai

One-Man Kabuki Storyteller

Zen Calligraphy Workshop

Rakugo

The Great Passage

Ai Kuwabara Trio Project

Japanese Kites

Hachi - A Dog's Tale

Japan Film Festival

Director's Talk

Nikkatsu at 100

Cast Me If You Can

Abeya Tsugaru-Shamisen

Arigato From Japan

Past Events: Japanema (PDF)



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5700 Wilshire Blvd, Suite 100

Los Angeles, CA 90036

P. 323.761.7510

Annual Report

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