



**Japanese Tea ceremony course (beginner level) by Ms. Eriko Kuzminov,  
Assistant Professor of Urasenke**

The Uzbekistan-Japan Center (UJC) organizes a beginner's course in the tea ceremony by Ms. Eriko Kuzminov, Assistant Professor of Urasenke, as the lecturer.

Ms. Kuzminov, who has extensive experience teaching the tea ceremony in Japan, Russia, and Uzbekistan, will offer participants the opportunity to experience an authentic Japanese tea ceremony in Uzbekistan. The course aims to teach the practice of the tea ceremony and explore the philosophy of Zen through it.

**【About the Lecturer, Ms. Eriko Kuzminov】**



After graduating from university, Ms. Kuzminov studied for 3 years at Urasenke Gakuen Tea Ceremony College, Japan's only tea ceremony dojo and boarding school directly affiliated with the headmaster. Upon completing her studies, she obtained the qualification of full-time instructor and taught at tea ceremony clubs in schools and universities in Japan. In Moscow, she taught at the Urasenke Tankokai Moscow branch and held private classes. Currently, she holds the qualification of Assistant Professor of Urasenke, and resides in Tashkent with her family.

In addition to her career in tea ceremony education, Ms. Kuzminov worked in the Education Planning Department of Kyocera Corporation, where she contributed to promoting the philosophy of the company's founder, Mr. Kazuo Inamori, internationally.

## For English Speakers

### 【Overview of the course】

This lecture will focus on the fundamental movements of the tea ceremony, including posture and behavior in a Japanese-style room, etiquette, the basic method for preparing matcha tea, and the proper etiquette for receiving matcha tea as a guest, with an emphasis on spirituality.

The lecture will also touch upon the Zen spirituality, values, and mindset that are increasingly prevalent in communication and business, as reflected in the unique cultural art of the tea ceremony.

**Period** : 24.04.2025~29.05.2025 (for all 6 sessions, every Thursday)

Time: 18:30 - 20:30

**Cost** : 1,500,000 UZS (for all 6 sessions)

- The fee includes the rental of basic tea utensils (tea bowls, etc.).
- The lecture will use Japanese matcha selected by Ms. Kuzminov, and Japanese sweets will be provided.

**Location:** International Business Center, Block A, 6F  
107-B, Amir Temur street, Tashkent, 100084, Uzbekistan

**Capacity:** 5 people

**Language:** English

**Clothing:** Please bring white socks to wear in the tatami room. Since you will be sitting upright on the tatami, we recommend wearing a skirt that falls below the knee or loose-fitting pants (denim is not recommended, sportswear is acceptable).