



HARA MUSEUM ARC

Hara Museum ARC Workshop: *Hiroko Enomoto: Take a Breather*

Dates: Saturday, September 6; Saturday, September 20; Saturday, October 18; Saturday, October 25, 2025

Soul-Soothing “Plant Observation” in a Quiet Corner at a Highland Museum Surrounded by Nature

Take a Breather is a workshop for “relaxed plant observation.” It was jointly conceived by Hara Museum ARC and Hiroko Enomoto, an artist from Gunma whose work and activities use everyday events to explore themes of weakness and vulnerability and the process of healing therefrom.

In a corner of the museum garden dotted with sculptures, participants will gaze at flowers and plants, then record their observations in a somewhat quirky “plant journal.” “As I spent more time in gardens, I began to grow plants myself, and before I knew it, my days of ennui eventually came to an end,” the artist relates. This workshop invites participants to experience in their own way what led to the artist’s creative epiphany, while enjoying a soothing relaxation of both mind and body.

How to Engage in Relaxed Plant Observation

- ① Listen to the orientation given by the staff.
- ② Take in the flowers and plants as you go for a walk, lie down, sip some tea or otherwise spend the time as you please.
- ③ On the worksheet, write down anything that comes to you—personal thoughts or memories or notes about the flower and plants that you observe.



Dates: 9/6, 9/20, 10/18, 10/25

Time: 10:30- / 13:30-

Duration: 30~60min.

Capacity: 5 participants per session

Venue: A corner of the Hara Museum ARC front garden

Target age: Elementary school and above (must be able to draw using colored pencils)

Participation fee: 600 yen per person/500 yen for Hara Museum ARC members (cash only, includes a participation commemorative gift)

How to participate: No reservation is required; first-come, first-served.

***To Members of the Press:** Please contact the museum regarding dates the artist will be on-site.

Notes

*Sessions are subject to cancellation in the event of rain.

*The sessions will be led by museum staff based on guidance received from the artist. Please note that the artist may not be present.

*Elementary school aged children and younger must be accompanied by an adult.

*There is no need to bring anything. Please do not bring paints. Writing materials, chairs and picnic sheets will be provided.

*As the workshop takes place outdoors, please wear clothing that you don't mind getting dirty.

*The worksheet will be yours to take home.

Hiroko Enomoto

Born in Gunma where she currently lives and works, Enomoto received an MFA in painting at Joshibi University of Art and Design in 2011. She uses human connections and daily events as her subject matter in works that explore such themes as weakness, vulnerability and the recovery therefrom. Her past exhibitions include *Memories of Gardens/Restoration of Land* (Art&Garden NEKOZE, Oita, 2023), *CRITERIUM 99 Hiroko Enomoto* (Contemporary Art Center, Art Tower Mito, Ibaraki, 2022) and *The Garden Here* (YUI-PORT, Niigata, 2022). <http://hirokoenomoto.com>

Message from the Artist

The root of this workshop traces back to a time when I was dealing with troubles both physical and emotional, and the experience of gradually finding a path to recovery through the act of growing and tending plants. More recently, I've been keeping a "plant diary" in which I jot down notes about my daily work or other observations about the cultivation of my small garden. At times, these notes have led to new ideas or simply given me pleasure reading them again.

The workshop takes place in a corner of the museum's garden. Here, I've planted flowers and plants that will provide color and fragrance to the space that I hope will one day become as lush as other areas. Visitors might enjoy some moments of tranquility here while the earth is being reinvigorated and the plants are still young. Over time, the plants will spread their roots, grow and eventually create a beautiful space totally different from all others.

The exhibition *Träumerei* explores themes that are soft and ambiguous and the opposite side of tense. After viewing the show, if you have time, please spend a little while in the garden. Go slow and take in the plants and trees around you. If you feel like it, jot something on the provided worksheet. It could be about the plants in front of you, or maybe something you are growing at home, or simply a thought that came to you in the moment. Write something, draw something, compose a letter even-- all is fine.

To see many artworks, take in colors and scents, enjoy good food and have a sound snooze—it might be nice to spend a relaxed time like that every now and then.

Current Exhibition: *Träumerei* July 12 (Saturday) – January 12 (Monday, national holiday), 2026

Press Release: https://www.haramuseum.or.jp/en/wp-content/uploads/2025/05/pr_en_traumerei_0730.pdf

Hara Museum ARC



Jean-Michel Othoniel, *Kokoro*, 2009

Address: 2855-1 Kanai, Shibukawa City, Gunma Prefecture 377-0027

Hours: 9:30am – 4:30pm (Admission until 4:00 pm)

Closed: Thursdays (except the month of August)

Admission: General 1,800 yen, 70 and over 1,500 yen, University and high school students 1,000 yen, Elementary and junior high school students 800 yen

*Advance online tickets (date-specific) https://e-tix.jp/haramuseum_arc/

Access Information *For details, visit our website at: <https://www.haramuseum.or.jp/en/arc/access/>

From Shibukawa: Hara Museum ARC is 10 minutes away by taxi or 15 minutes by bus (take the bus going to Ikaho Onsen or Ikaho Harunaguchi, get off at "Green Bokujo Mae" and walk about 7 minutes). **By car:** 8 kilometers (about 15 minutes) from the Kan-etsu Expressway Shibukawa Ikaho Interchange (in the direction of Ikaho Onsen). Free parking is available.

From Ikaho Onsen: At Ikaho Bus Terminal, take the Kan-etsu Kotsu bus bound for Shibukawa Station for 5 minutes, get off at the Green Bokujo-mae bus stop and walk for 7 minutes. Alternatively, take a taxi for 5 minutes.

*A direct Kan-etsu Kotsu bus to Hara Museum ARC runs from JR Takasaki Station on the first Saturday of every month (until January 2026.). Boarding is at bus stop no. 5 on the bus rotary outside the west exit of Takasaki Station. Travel time is about one hour. (The bus will run on September 6.)

Press Enquiries

Email: press@haramuseum.or.jp