BeGood Cafe

Our mission is environmental protection and promoting lifestyle change.



About BeGood Cafe

Founded in January 1999 in Tokyo,
BeGood Cafe is a non profit organization that shares and promotes practical environmental information, knowledge and embrace a diverse range of subjects, including spiritual workshops, live music, vocal performance etc, with the aim of building a more human and sustainable society for the world.

Over the past years, the interactive BeGood Cafe style activity has gained more recognition and has spread nation wide to more than 13 major cities.(Nagano, Osaka, Kyoto, Fukuoka, Miyazaki etc).
BeGood Cafe integrates activists, young people into the BeGood network, building the momentum and lasting connectivity.

It is a gathering of people at the crossroads of different field and expertise, offering solutions and strategies for restoring our earth and communities.
It also host workshops and monthly educational sessions tailored to specific needs and controversial topics.

People come to BeGood Cafe to;
=Share one's deep knowledge
=Learn from the forerunners and get inspired
=Get empowered to shift their lifestyle to a sustainable way
=Eat Good organic food and listen to healing live music
=Make Friends and getting connected to make the world a better place.

History of Topics at BeGood Cafe ;

Rudolf Steiner, Homeopathy, Macrobiotic, Permaculture, Ecovillage, How to build an eco house, etc.

BeGood Cafe

Monthly Talk Event “BeGood Cafe”



Discussions just after 9.11



Ecovillage Conference Tokyo 2006



Permaculture Lecture



Healing workshops





Natural Food Cafe in EXPO 2005

Workshop of Permaculture etc.



Music performances



Macrobiotech caterings

