

Experience Cultural Japan

Day Tours exploring traditional Japanese cuisine, religion, meditation, dress and landmarks



Activities Include:

Zenko-ji Temple

Visit the 7th century Zenko-ji Buddhist temple, one of the last remaining pilgrimage sites in Japan. The tour includes a visit to the completely dark inner prayer chamber where visitors try to find a metal key hanging on a wall that represents the Key to the Western Paradise.

Japanese Tea Ceremony

Take part in a traditional Japanese tea ceremony. Being strongly influenced by Zazen Buddhism and its meditation techniques, the area surrounding Zenko-ji temple is the ideal environment to enjoy this internationally famous ceremony.

Shukubo Meal

Dine in a Shukubo inn on a Buddhist style meal of Shojin Ryori (vegetarian devotion cuisine). This cuisine style is completely vegetarian and focuses not only on taste, but preparation, presentation, texture, and variety.

Zazen

Take part in a Zazen (literally "seated meditation") meditation session under the instruction of a Buddhist monk inside the temple complex. (minimum 10 People required per session)

Kimono Experience

Visitors have the chance to be fitted with a traditional Japanese kimono. An expert will also give insight into the complex world of kimono etiquette and selection.

Shakyou

Brush Meditation (Calligraphy). Practice the art of copying a Buddhist sutra. You will have the opportunity to create and keep a Shakyou under the tutelage of a Buddhist monk.

Zenko-ji Tokugyoubou Contact Information:

e-mail: mail@zenkoji-tokugyoubou.com

URL : <http://www.zenkoji-tokugyoubou.com>

Zenko-ji Temple

Visit the 7th century Zenko-ji Buddhist temple, one of the last remaining pilgrimage sites in Japan. The temple houses a hidden Buddha statue called Hibutsu (secret Buddha), that has not been revealed to anyone for over 1000 years. It is rumoured to be the first Buddha statue to ever be brought to Japan.

The tour includes a visit to the temple's inner prayer chamber which is housed in a completely dark and winding corridor. In this unique experience visitors try to find a metal key hanging on a wall that represents the Key to the Western Paradise.

Japanese Tea Ceremony

Take part in a traditional Japanese tea ceremony. Being strongly influenced by Zen Buddhism, the area surrounding Zenkoji temple is the ideal environment to enjoy this internationally famous ceremony.

Shukubo Meal

Eat a Buddhist style meal of Shojin Ryori (devotion cuisine) in a Shukubo inn. A Shukubo is an inn that traditionally housed trainee monks and Pilgrims. Shojin ryori is completely vegetarian and stems from the Buddhist precept that it is wrong to kill animals. This style of cooking started in Japan in the 6th century and focuses not only on taste, but presentation, texture, and variety. It is responsible for many of today's food types, including Tofu, Miso.

Zazen

In Zen Buddhism, zazen (literally "seated meditation") is a meditative discipline performed to calm the body and the mind and experience insight into the nature of existence. Take part in a Zazen session under the instruction of a Buddhist monk inside the Temple complex. (minimum 10 People required per session)

Kimono Experience

Visitors have the chance to be fitted with a traditional Japanese kimono. An expert will also give insight into the complex world of kimono etiquette and selection. A must for anyone who has an interest in fashion or culture. You will also have the opportunity to experience the tea ceremony in your Kimono.

Shakyou

Brush Meditation (Calligraphy). Practice the art of copying a Buddhist sutra. This meditative practice is said to calm the mind and bring on a state of inner peace. For devout Buddhists, the aim is to obtain the spiritual blessings or the grace of a Buddha for oneself. You will have the opportunity to create and keep a Shakyou under the tutelage of a Buddhist monk.

Price List:

Option A: 10,500 yen (include tax)
Kimono Experience, Visit Zenko-ji, Japanese Tea Ceremony, Shukubo Meal and Zazen

Option B: 7,500 yen (include tax)
Visit Zenko-ji, Japanese Tea Ceremony, Shukubo Meal and Zazen

Payment: Cash only