

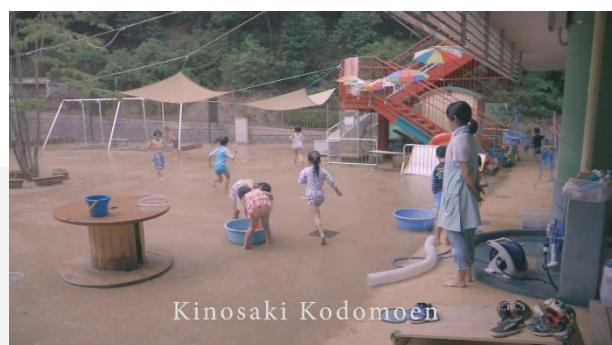
Zazen and Matcha Experience with Private Nursery School Tour



Try Zen meditation and experience local Japanese culture at a lesser-known, local Kinosaki temple! First set out on a guided walking tour through Japan's famous resort town, Kinosaki Onsen. Afterwards, you'll visit Gokurakuji, a temple is famous for its beautiful traditional Japanese rock garden, Zen meditation practice, and a friendly Buddhist priest. Through this activity, experience seated Zen meditation in a local temple while gazing outside at the tranquil rock garden. Afterwards, take a step into modern Japan right next door by visiting a Japanese child daycare. You'll see cheerful children are having fun playing and learning. Take a glimpse into both traditional and contemporary Japanese life and culture through this tour. The tour will help clear your mind and warm your heart.

SCHEDULE

- 09:15 (or 13:00) Meet local English guide at Kinosaki Onsen Station
- 10:00 (or 13:45) Arrive at Gokurakuji Temple
- 10:10 (or 13:55) Zazen meditation & Buddhist sermon (printed) *you can wear *samue* (monk's working clothes) if you'd like
- 10:50 (or 14:35) Chat with the chief priest over matcha (green tea) and Japanese sweets
- 11:30 (or 15:15) Visit the daycare, learn about its history and education policies, meet children
Optional lunch with children
- 12:15 (or 15:45) End of activity (if you have lunch), receive a special souvenir



MEETING PLACE: Kinosaki Onsen Station, 283 Yushima, Kinosaki-cho, Toyooka-shi, Hyogo-ken

ACCOMPANYING GUIDE: Included

RESERVATION DEADLINE: 7 days before activity

NET PRICE: 2-6 people 8,500 yen per adult