

— Kita-Kamakura —

# The tearoom at Jochi-ji Temple



## A Zen sanctum which most tourists will never see

Kamakura is one of the ancient heartlands of Zen Buddhism, and the Jochi-ji Temple is the fourth of its 'five mountains' – the austere religious complexes that shepherded one of Japan's great spiritual traditions.

With an unbroken history stretching back across 850 years, Jochi-ji Temple is home to many cultural treasures, including a serene, historic tearoom called 'the Houan' nestled in its grounds, a secluded space that rarely admits tourists.

## Experience the serenity of the tea ceremony

The Jochi-ji Temple invites you to participate in a quintessentially Japanese experience: the tea ceremony. Guests are also encouraged to participate in other activities, including preparing traditional Japanese sweets, Zen meditation and a vegetarian Buddhist meal.



### Option one

#### A private tea ceremony in a historic tearoom

'Chazen Ichimi' is an old Japanese aphorism that implies tea and Zen share a 'flavour' – that they are linked in spirit. The tea ceremony, with all its ritual and austerity, originated in Zen Buddhism – and even now, a proper ceremony is a uniquely spiritual experience.

The stillness of the ritual is designed to sharpen one's senses and give each participant the space to find themselves in the moment.

■ Duration: One to two hours, with a Japanese sweet-making class available on request

### Option two

#### Zen meditation and lunch

Zazen meditation is at the heart of the Zen Buddhist tradition, and there are few greater places on earth than Jochi-ji Temple for practitioners. Guests will sit in a secluded valley surrounded on all sides by lush, natural green, learning to clear their minds and truly face themselves for the first time.

After meditating, you will be served a vegetarian Buddhist meal designed to reflect the spirit and culture of the Zen tradition, courtesy of Hachinoki, a Kamakura restaurant with a fine history of its own.

■ Meditation and meal may be arranged by request. Duration: Between one and three hours

