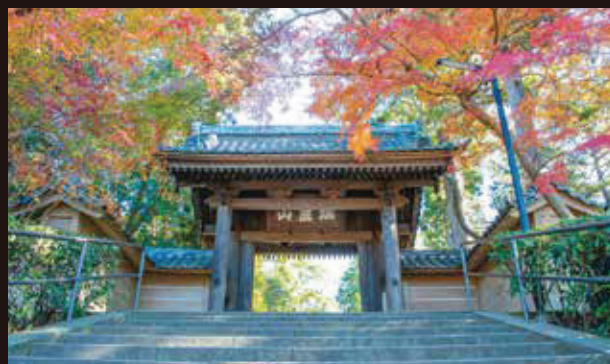


Zen experience at Engaku-ji

— Nyo-i-an annexe —



As one of the five great Rinzai temples of Kamakura, Engaku-ji is one of the most prestigious Zen Buddhist sites in all of Japan. It has been preaching the principles of Zen since it was founded in the late 13th century. Situated in north Kamakura, Engaku-ji is a huge and stately compound filled with greenery. It is particularly known for its majestic front gate, its famed gardens and its reliquary hall – which is the only building in the whole province to be designated as an official Japanese National Treasure.

A private tour of the temple grounds

For a proper appreciation of Engaku-ji's simple grandeur, a local monk will give you a private guided tour through the picturesque precincts of this historic temple. You may also choose to experience Zen in its pure form at the temple's charming Nyo-i-an annexe, upon request.

Option one

A tour of the temple precincts

Your guide, a practicing Zen monk, will usher you into the Shariden, the temple's reliquary hall. Built in the first half of the 15th century, it is believed to be the oldest Zen Buddhist building in Japan. It is not normally open to the public, and you'll soon see why this gorgeous structure (and the artifacts within) have been listed as a National Treasure.

■ Duration: Between one and two hours



Option two

A private Zen experience session

In this private session, a monk will accompany your meditation in the secluded Nyo-i-an annexe with a sonorous Zen Buddhist chant. After you finish, you will have the opportunity to speak to the monk over a small meal of Japanese sweets and matcha tea.

※An original Nyo-i-an souvenir is included.

■ Duration: Between one and two hours. Please contact us for further details

