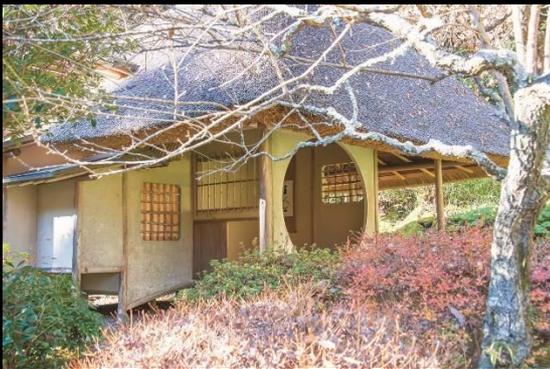


— Kita-Kamakura —

Cultural Experiences at Zen Sanctum



A hidden zen sanctum few tourists ever see

Kamakura is one of the ancient heartlands of Zen Buddhism in Japan and remains a sacred center of Zen practice. During this experience, you'll visit one of Kamakura's historic Zen temples, collectively known as the "Five Great Zen Temples," and take part in either zazen (seated meditation) or a traditional tea ceremony, both of which are deeply connected to Zen philosophy. The tea ceremony takes place in an intimate, secluded tearoom within Jochiji Temple, ranked fourth among the Five Great Zen Temples. The space is reserved exclusively for this experience. The zazen meditation is held at Kenchoji Temple, the foremost of the Five Great Zen Temples, where a Zen monk provides gentle, private instruction.



Program two

Zen meditation and lunch

Experience Zen meditation at Kenchoji Temple in Kamakura, the hometown of Zen. We welcome you to spend time in the silence of our valley surrounded by greenery, sitting and facing yourself. Learn zazen from a Zen monk privately and experience a mindful lunch that reflects the value of Zen simplicity and presence.

Program 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.



Information

Location: Kamakura, Kanagawa

Contact: MITATE

E-mail: bookings@mitate.kyoto