

— 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



Information

Address: 1415 Yamanouchi, Kamakura, Kanagawa

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E-Mail: contact@kamakuramind.com

Opening dates: 2nd January to 30th December, by appointment only

Parking: Space for two standard cars or one medium coach, reservation required

Web: <https://www.kamakuramind.com/kamakura-concierge>

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Information correct as of February 2021