

Discover the Heart of Zen at Engakuji Temple



Engaku-ji, ranked second among the Kamakura Gozan, the Five Great Zen Temples of Kamakura, has been a revered center of Zen since its founding in 1282 and has trained generations of monks. Monastic training continues here to this day, and with a resident monk as your guide you can step into areas normally closed to the public, glimpse daily monastic life, and try selected elements of practice. A special tour led by a monk who has trained at Engakuji weaves in his own experiences as he guides you through the principal training sites.

A private tour of the temple grounds and Zen experience

For a proper appreciation of Engakuji's simple grandeur, a private English-language tour will be led by a resident monk, so you can hear a monk's insights firsthand. The itinerary includes special access to the monks' living and training quarters—normally off-limits—and a viewing of the Shariden, a designated National Treasure not usually open to the public.

At the temple's training hall, you will take part in a focused Zen program that includes practicing zazen and joining the monks' traditional breakfast, known as Shukuza, while observing the same etiquette used in their daily monastic training.



Information

Location: Kamakura, Kanagawa

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For more details

