

For visitors from other countries & international students

One Day Experience Tour

In Shinko-ji Zen Temple

Free of charge



This one-day bus tour is designed to allow non-Japanese visitors to experience and enjoy Japanese and Zen culture, and since it is financed by the Japan Tourism Agency, it is free of charge for this time only.

Organizer : Shinko-ji Zen Temple

In cooperation with Sodegaura City Tourism

Tour Program

Making “Shimenawa” & Experience “Zen meditation”

Shimenawa is entrance decoration for the New Year in Japan.



Dates

- ① December, 14, 2023
- ② December, 16, 2023
- ③ December, 23, 2023

※ Please see reverse side for details.

Shimenawa



Contact: Meitetsu travel agency inc. Chiba brunch

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Shinko-ji : 634 Kawaharai Sodegaura City
Chiba Prefecture

One Day Experience Tour In Shinko-ji Zen Temple

Making “Shimenawa” & “Zen meditation”

Shinko-ji is a Zen Temple belonging to the Soto Zen school of Japanese Buddhism. It is located in Chiba prefecture and was founded 460 years ago. The temple is famous for its flowers and offers a variety of activities such as meditation and copying the sutras.

At the end of the year, a “shimenawa” decoration is displayed at houses and Shrines in Japan to indicate that the place is ready to welcome the god of the year.

Zen meditation helps to harmonize the body, mind and breath and find peace in daily life.



Dates

① 2023/12/14 (Thu)

② 2023/12/16 (Sat)

③ 2023/12/23 (Sat)

9:00am-5:30pm / 20 people per tour / Minimum of 10 callers

※In case of cancellation, two week's notice should be given.

Schedule

- 9:00 Departure from Tokyo Kajibashi parking
- 10:15 Arrival Shinko-ji Zen Temple
- 10:30 Introduction Shinko-ji and zen
- 11:00 Making “Shimenawa”
- 12:00 Lunch (zen vegetarian cuisine) / Temple tour
- 14:00 Guided zen meditation
- 15:00 Drum ceremony
- 16:00 Depart Shinko-ji Zen Temple
- 17:30 Arrival at Tokyo station



How to apply

Please scan the QR code on the right to register

1. Register
2. Receive confirmation email
3. Go to the bus station on the day of your reservation
4. Answer the questionnaire after the tour

