

Excursion 2 for Accompanying Person!

“ZEN experience at the Buddhist Temple SHUNKOUIN”



Meeting-Point Main Gate

Start at 1:00 PM on AUG 7th, Saturday

Fee is included in the conference fees.

Shunkoin Temple offers Zen meditation classes and temple tours in English. The vice abbot will lead you in the basics of Zen meditation, followed by a tour of the temple. During the class, you will not only receive instruction on the basics of meditation and experience it within the temple setting, but you will also learn how to incorporate Zen philosophy into your daily life. You will also discover how Buddhism, Shinto, Confucianism, and even Christianity interact and function in Japanese society. While Shunkoin is known today as primarily a Zen Buddhist temple, its history illustrates how different belief systems were also a major part of religious practice in premodern society.

