


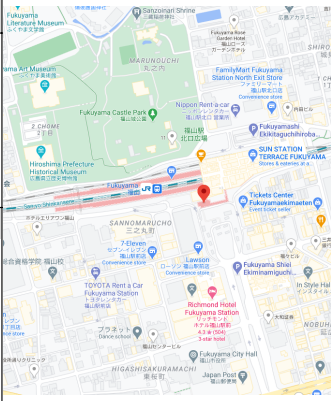



Title			A spiritual retreat in the middle of the mountains: <i>zen</i> monastery experience			Region: Jinsekikogen Town, Hiroshima Prefecture		
Overview	Relax and detox your mind at a monastery in the middle of nature		Available Languages	Available Languages	■Japanese■English□Chinese□Other			
	Take a break to relax and detox at Koshin-ji, a beautiful large temple surrounded by mountains. The area offers magnificent natural sceneries throughout all seasons, from the flower blooming in Spring, to the fresh greenery of early Summer and the stunning Autumn foliage season of October and November. You will be the only visitor during your stay, granting you unparalleled access to the many activities offered: wear a <i>samu</i> –Buddhist monk simple clothing– and take part to experiences such as <i>zazen</i> meditation, sand garden creation, Buddhist <i>shojin-ryori</i> cuisine, writing sutras, tea ceremony and others. There will also be plenty of time to understand, talking to the local monk, the relation between all these activities and Zen Buddhism philosophy. <i>Shojin-ryori</i> is a vegan type of cuisine renowned for its incredibly refined taste and presentation – a real highlight of this monastery experience.			Support material available in foreign languages	■Yes／□No			
Unique Selling Points	I .Take part to special activities such as sand garden design		General information	Participation requirements	–Guests will need to sleep on a futon, Japanese style bedding			
	II .Enjoy both nature and <i>zen</i> at their full extent			Cancellation policy	•Up to 10 days before tour: 10% –Up to 4 days before tour: 30% –Day before tour: 100%			
Unique Selling Points	III .Japanese historical monastery architecture		Notes	–Please inform of any allergies and dietary requirements before the stay. –The monastery only accept one booking per day				
Unique Selling Points	Recently renewed, this “ <i>shukubo</i> ” –monastery open to visitors– is a beautiful example of Japanese traditional architecture – from its simple yet comfortable rooms, to the elegant temple hall and garden, to the Japanese style bath house with a scenic view from the large hot bath.			In case of bad weather, emergency, delay or no show	•In case of no show, the tour wil automatically be cancelled with full cancellation charge after 15 minutes from the planned starting time •In case the tour must be cancelled because of force majeure events, guests will be contacted by the morning of the day the tour is scheduled			
Itinerary	①15:00–16:00 Arrive and check–in ②16:00~17:00 Take part in the activities, such as designing the waves of the zen garden ③17:00–18:00 Tea time overlooking the garden – free time at leasure ④18:00–19:00 Shojin-ryori dinner – Buddhist-style cuisine ⑤19:00–20:00 Free time – time to enjoy the bath house ⑥20:00–21:00 Evening zen meditation with a monk, free time for more meditation or nature enjoyment		Pricing information	Insurance included	■Yes／□No			
Reservation Information	■Tour availability	■Starting times		Inventory	■Yes／□No			
	March – July, September – December	15:00		Contact and booking information	My Japan / 090–7127–9769			
	■Tour duraton	■Min/Max participants		Support hours	9 : 00~18 : 00			
	One night overnight stay	FIT and Groups		Email address	mimura-risa@myjapan.or.jp			
<Meeting point and access>	■Access			Price, nett – incl. consumption tax	Contact us for pricing			
	Private vehicle transfer from JR Fukuyama Station							
	■ Meeting Place		Options					
	■JR Fukuyama Station, North Exit		The above price includes:		Temple activities, Temple stay, shojin ryori dinner, breakfast			
			The above price does NOT include:	Other personal expenses				