



禅とは

禅とは、仏教の一派である「禅宗」の教えや思想、その修行のことを指す言葉です。修行によって、迷いや束縛・執着といった現の教えに不要となるものを手放し、本来の何もなかつた頃の自分に立ち返ることができるとされます。

曹洞宗の大本山である永平寺の修行は 770 年以上続った今も禅宗の中で最も厳しいと言われています。



TOYOTA ALPHARD

EXECUTIVE
LOUNGE

Experience Zen meditation! An extraordinary journey

Meditating in a quiet place...Reflecting on yourself and looking at the scenery woven by giant trees and nature will surely release you from your daily stress!

| basic information | Contents | remarks |
|---|--|--|
| Location | Eiheiji Town/Katsuyama City | |
| Meeting time | Free setting | |
| Meeting point | Fukui Station (We can also dispatch to other designated locations) | |
| Access to the meeting point | — | |
| Travel time | 4 hours | |
| schedule | ①the training ground of the founder of Eiheiji Temple and the Zen master ②Iwaya Kannon (A Kannon statue inside a large tree...a hidden spot) ③Heisenji Hakusan Shrine (Enchanted by the beauty of the moss!) | *The order can be changed upon consultation with the driver. |
| Price (tax included) per unit | 48,000 | |
| What is included in the tour price? | Car fare | |
| What is not included in the tour price | Experience fee and meal fee | |
| Option details and fees | — | |
| Payment Method | Credit card and Japanese yen | |
| Language Support | Japanese | |
| Event period | All day | |
| Reservation Deadline | 3 days ago | |
| Cancellation Policy | 7-2days prior: 30%; up to the day prior: 50%; on the day: 100% ※Based on business hours, transactions outside of business hours will be processed the next day. | |
| Number of participants (minimum/maximum) | Can be dispatched from one vehicle (minimum 1 person, maximum 8 people) | |
| Pick-up availability and details | — | |
| What to wear and bring on the day | — | |
| Are there any restrictions on participation | — | |

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| Other supplementary notes and precautions | If you have a lot of luggage, please contact us in advance. (It may not fit in the trunk.) | |
| Contact details and business hours | Eiheiji Kanko Co., Ltd. Business hours: 9:00-16:00 Email: maeda@eiheijikanko.co.jp | |