



## 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、本来の何もなかった頃の自分に立ち返ることができるかとされます。

曹洞宗の大本山である永平寺の修行は 770 年以上経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	—	

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: <a href="mailto:maeda@eiheijikanko.co.jp">maeda@eiheijikanko.co.jp</a>	