



## Craft your own floor cushion and experience seated Zen meditation in Fukui, where Zen culture is deeply rooted

"Zen" experience program focused on local culture and sustainability

Basic information	Content	Note
Venue	Eikenji Temple (9-5, Tsuruga-shi, Fukui)	-
Appointed time	5 minutes before the starting time	-
Meeting place	"Front Gate" of Soushouzan Eikenji Temple (9-5, Tsuruga-shi, Fukui)	-
Access to the meeting place	20 minutes by foot from Tsuruga Station on JR Line 2 minutes by foot from Matsubara Koen-Guchi Bus Stop or Matsubara-Guchi Bus Stop	Parking available
Time required	90 minutes	-
Schedule	Meet at site → Floor cushion crafting (approx. 45 minutes) → Seated Zen meditation with lecture by monks on duty at Eikenji Temple Zen meditation hall (monks' hall) (approx. 45 minutes)	-
Fee (tax excluded) *Per person	JPY 5,000	-
Features included in the travel fee	Floor cushion crafting and seated Zen meditation	You will be allowed to take your floor cushion home.
Features not included in the travel fee	Transportation	-
Option features and fee	N/A	Venue is negotiable.
Payment method	Invoice payment or payment on-site (cash)	-
Supported languages	English and Japanese	-
Event period	Year-round	-
Reservation acceptance period	Reserve at least 3 days in advance.	-
Cancel policy	According to the listed page	-
Number of participants available (minimum/maximum)	2 to 30 people	-
Pick-up and drop-off availability, details	N/A	-
What to wear, what to bring	Comfortable clothing for seated Zen meditation (pants recommended)	-
Limitations (age, health condition, etc.)	7 years old and above (elementary school students and older)	-
Other notes and cautionary notes	Please follow the instructions of the monks while in the temple.	-
Contacts and business hours	PLUS WILD   TEL: 090-9111-7887 (Murata) Email: pluswild.contact@gmail.com	-