



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 | - |