



Buddhist meditation experience

海に見えるお寺で仏教を学ぶ、瞑想体験

Relax and replenish yourself at a temple with an ocean view. Join Myokaiji Temple's meditation classes to leave behind the clatter of everyday life, turning inward to reflect on and tune your heart and mind. Learn how to "discover the here and now" through basic mindfulness training and how to live life with "compassion and gratitude."The meditation classes start from two hours in length, giving you ample time to spend with yourself. The scenery as you leave the temple grounds will surely appear different to you.

- Basic Mindfulness meditation
- Advanced Gratitude meditation, mercy meditation, walking meditation, death meditation, relaxation meditation



9 a.m. – 4 p.m.



Participants : 1-10
Minimum party size :
2 people
Ages : 15 and up



Fee : ¥3,300
Upgrade : Additional ¥2,200
※without tax



Length : 2 hrs
Upgrade : Additional
1 hr 30 mins

Access

Train : From JR Tokyo Station, take the JR Sotobo Line Limited Express Wakashio. Get off at JR Sotobo Line Katsuura Station (about 90 minutes)
Car : From Tokyo, take the Aqua-Line. Transfer to Route 297 at the Ken-O Expressway Ichihara Tsurumai IC (about 90 minutes).

Information

Katsuura Tourism Association

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