

Business Events 『Be+』 Unique Service Menu

Category	Mix	One-day Buddhism Training - Meditation Experience
Field	Japanese Culture	

"One-day Buddhism Training" is a day-long program held at a temple. Participants can look within themselves through sutra recitation, hand-copying of sutras, sermons and meditation, which will improve concentration and enhance relaxation. They will gain the power to overcome difficulty. Please take part in this one-day program!

Price (JPY)	20,000 yen/person	Language	Japanese	Venue	Buddhist temple (Shinjuku)
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Capacity	4 to 12	Program duration	8:00-18:00
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*Reservation required

Buddhist priests undergo various types of training. The purpose of the training is "the pursuit of happiness." Take "meditation under a waterfall," for instance. Just sitting under pouring water is not training. If the exercise is not undertaken with the intent to revise one's life, it does not serve as training. If one does not take it upon themselves to make changes in their life, they will not attain happiness. If one undertakes training because they are not happy and with the goal of living a proper life, happiness will reside in their heart. This program will shed light on the meaning of this pursuit.



【Notes】

- ※Payment required in advance.
 - ※Interpreting required (we can provide; additional costs will be incurred)
 - ※Participants will be asked to wear white shrouds (normally worn over underwear, but if participant is uncomfortable, it is permitted to wear over clothing).
 - ※For those who are unable to sit Japanese style, chairs will be provided.
 - ※Gifts will be provided by the temple.
 - ※Lunch provided (vegetarian cuisine).
- *Participants with food allergies are requested to inform us in advance. Please confirm details below.

【Schedule (sample)】

8:00 Change of clothing and opening ceremony / Sutra recitation / (lunch) / Hand-copying of sutras / Sermon / Meditation / Closing ceremony
18:00 Program concludes