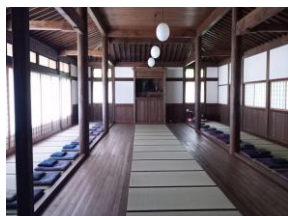


Engakuji Temple : Discover the Heart of Zen at Engakuji Temple ~ Kamakura



Overview

Delve into the spiritual and cultural legacy of Kamakura through an immersive Zen experience at Engakuji, one of Japan's most esteemed Zen temples. This exclusive program begins with a private, monk-led visit to the Shariden (Reliquary Hall)—a National Treasure rarely open to the public. Guests are offered a rare glimpse into the inner sanctum of monastic life and the environment where monks live and train. Following the visit, participants move to the temple's traditional training hall to explore the foundations of Zen practice. A resident monk offers an introduction to Zen philosophy, followed by a session of *zazen* (seated meditation), a core element of Zen training. The experience concludes with a tasting of *shukuza*—a modest monastic breakfast typically enjoyed after morning meditation. This thoughtfully designed program offers not only an insider's view of Engakuji's living traditions, but also a moment of quiet reflection in one of Kamakura's most sacred spaces.

Sales points

Zazen Meditation: Learn Zen basics from a monk with English guidance.
Zen Breakfast: Taste a traditional monk's meal using ritual bowls.
Shariden Access: Rare entry to the normally closed National Treasure hall.
Engakuji History: Discover 700+ years of Zen heritage and architecture.
Monastic Life: A glimpse into the daily routines of monks.
English-Friendly: Entire experience is fully guided in English.

General information

- Contact: Kanagawa DMO
- Business hours: 9:00-17:00
- Homepage: <https://www.kanagawa-kankou.or.jp/>
- Phone: 045-681-0007
- Email: product@kanagawa-kankou.or.jp

Tour type

Individual/Group

Target

Interactive/creative cultural experiences

Meeting point

Engakuji Temple
409 Yamanouchi, Kamakura City,
Kanagawa Prefecture

Time required • Start time

2.5 hrs. (estimate)

Group size

2-10 pax/group (min/max)

Private

Yes

Languages

■EN □CN □KR □Other:

Guide provided?

Yes (English)

その他写真

※これ以外に独自選択する写真の使用も可

