

A Morning Experiencing Temple Traditions – Zazen Meditation and Traditional Breakfast

Capacity : 40



Zazen Seated Meditation

In this special experience available only to ICOM Kyoto participants, you'll be able to join the Buddhist practice of *zazen* – seated meditation within a temple hall. We will travel to the Daitoku-ji Temple and spend the morning at Daiji-in, which is usually not open to the public – experiencing a variety of activities relating to the temple. We'll enjoy a special breakfast, carefully prepared in line with the tradition of *shojin ryori*, Zen Buddhist vegetarian cuisine. As this trip ends at the Kyoto International Conference Center, you'll be able to go straight into the first session of the morning. It's a great opportunity to start the day refreshed inside and out!

Itinerary

06:30 Meet at **Kyoto Station Hachijo-guchi chartered bus stop** === chartered bus ===
 07:00-07:35 (A group) Zazen meditation experience / (B group) Traditional temple breakfast
 07:45-08:20 (A group) Traditional temple breakfast / (B group) Zazen meditation experience
 === chartered bus ===
 08:50 Tour ends at Kyoto International Conference Center

*The itinerary is subject to change without notice.

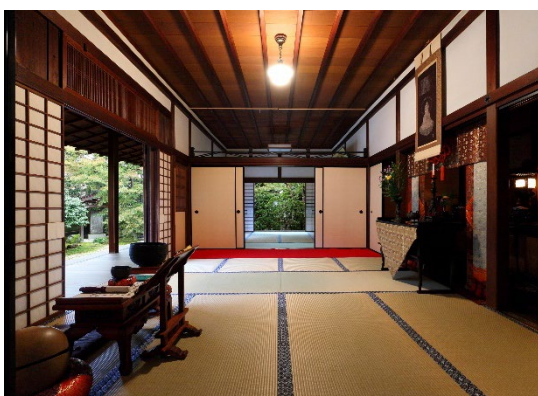
* The allocation into groups A and B is at the discretion of the organisers

※ We will be doing some gentle stretching and exercises before and after the seated meditation. For your comfort we suggest wearing clothing such as leggings or yoga pants that allow you to move freely. It's a good idea to avoid shorts in a Japanese temple. Separate male and female changing rooms will be available for you to get ready for the conference.

Zazen: The zazen experience that takes place at the Daiji-in is accompanied by some gentle exercise. By stretching out after sitting while looking out over the temple gardens, you can pay attention to how your body feels in that moment.

Shojin Cuisine: Traditional temple dishes that tend to use only vegan ingredients such as grains, beans and vegetables – and avoid meat and seafood, in accordance with the teachings of Buddha.

Daiji-in: The head temple of the Great Daitoku-ji was founded in 1585 by the sister of the feudal lord Otomo Sorin, Kenshoin. They are usually closed to the public and will be opened especially for ICOM Kyoto 2019 participants.



Daiji-in



An example of Shojin Cuisine



Restaurant Izusen