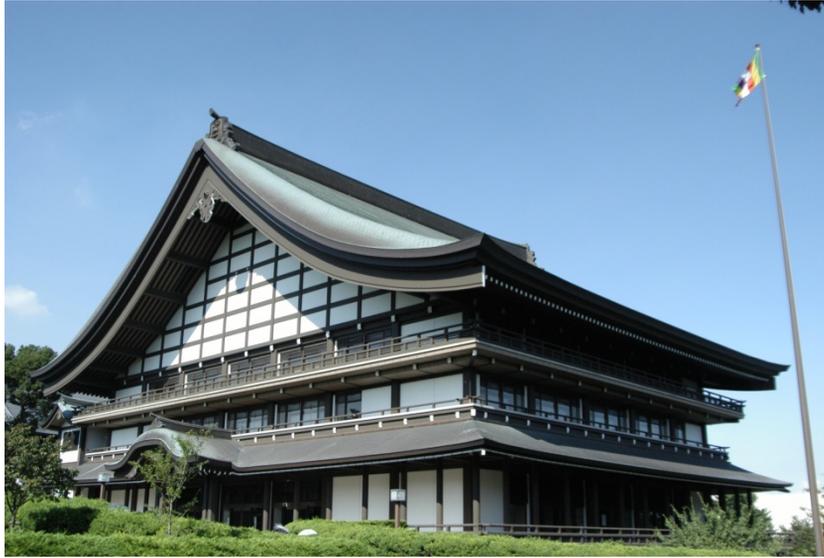


# OP3: Zazen & Buddhist Cuisine at Temple



8:45 Assembly Time	Pacifico Yokohama
9:00 Dep	Venue--- Sojiji Temple(Zazen Experience and Buddhist Cuisine)
17:00 Arr.	Tour will be disbanded at Pacifico Yokohama

## **Sojiji Temple**

Sojiji is one of the head temples of Soto school of Zen Buddhism.

## **Zazen:**

Zazen is a central practice of Zen Buddhism, a way to achieve tranquility of mind. The goal is to gain fresh perspective on yourself and focus your thoughts in a certain way..

## **Buddhist Cuisine:**

Buddhist vegetarian cuisine. Natural taste of the vegetables are well brought out. And they are made without guise..

Booking