



**-Experiencing zazen and a Japanese garden only 15 minutes from Sendai Station-
Experience Japanese culture at the Rinnoji Temple, which has one of the most famous
gardens in Tohoku**



- Only 15 minutes by car from Sendai Station. It is a peaceful place that makes you forget that you are in Sendai, a bustling city with a population of one million. The garden, with its photogenic three-story pagoda, is a great photo spot.
- Zazen (zen meditation) experience (about 30 min.)
Zazen is the most important practice in the Soto sect of Buddhism. Visitors can experience zazen, the practice of sitting without being bound by anything, in order to attain enlightenment.
- The beautiful Japanese garden, one of the most famous gardens in Tohoku, offers a deep sense of peace and tranquility with its natural beauty that changes throughout the four seasons.

Details

Zazen (about 30 min.) and garden viewing, 60-90 min. total

Fee

1,500 yen per person
*Please pay in cash at the temple on the day of the visit.

Period

Weekday mornings from March to October only

Max. capacity

20-30 people *upper elementary school grades and above (up to 60 people if the group is divided into two for zen meditation and garden viewing)

Parking

Free *Park large buses at parking space No. 2

Sample Itinerary

	-	9:45	Depart Sendai Station: only about 15 min. by car!
10:15	-	10:45	Zazen (zen meditation) experience (about 30 min.)
10:45	-	11:30	Viewing of the Rinnoji zen garden (about 30 min.)
11:30	-		Free time

Visitors can have enough free time in the afternoon, as Rinnoji, where visitors can experience Japanese culture, is close to central Sendai!

Reservation and contact

Rinnoji Temple
1-14-1 Kitayama, Aoba-ku, Sendai, Miyagi
TEL: 022-275-5050
URL: <http://rinno-ji.or.jp/>
Please contact by phone or through the inquiry form on the official website. (You can contact in English)

Excursion