

Blossoms, Balance, and Belonging: A Zen Journey Through Japan

Highlights:

- Reconnect with Mother Earth at Brown's Field a place to promote sustainable living, organic farming, and a slower, more mindful lifestyle inspired by Zen principles
- Participate in the annual Flower Festival at Kodosan Temple where cherry blossoms create a breathtaking springtime haven
- Discover the Heart of Zen with Kamakura's Timeless Temples and Tranquil Gardens
- Embrace Serenity at Kenjuin and Fugenji, Tokyo's Hidden Zen Sanctuaries

Day 1 Wed 2 Apr: Arrive Haneda Airport / Transfer to Brown's Field in Chiba PM Airport Pick Up (bus)

Transfer to **Brown's Field**, a well-known eco-conscious retreat and organic farm. It was established by Cynthia Turner and her late husband Issho Fujita, a Zen priest and calligraphy artist, as a place to promote sustainable living, organic farming, and a slower, more mindful lifestyle inspired by Zen principles. You can experience sustainable living, reconnect with nature, and practice mindfulness in a serene rural setting suitable for those interested in Japan's spiritual and environmental traditions.

Overnight

Brown's Field (jiji no ie)

Meals: D















Day 2 Thu 3 Apr: Brown's Field

All day Participate in the Ecovillage activities

Talk to staff and volunteers to get to know Brown's Field

Visit Dojo (another ecovillage nearby) and meet Kai (the founder)

Overnight Brown's Field (jiji no ie)

Meals: B L D







Day 3 Fri 4 Apr: Explore Kamakura Forest and Downtown

AM Check out from Brown's Field after breakfast
Transfer to Kamakura by a bus
Hike to the Kotoku-in (The Great Buddha)
PM Afternoon free time at Kamakura downtown
Optional: Kamakura Museum of History and Culture

Overnight

Kamakura

Meals: B















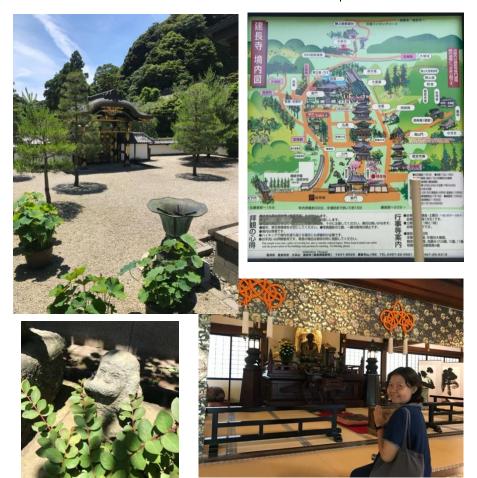
Day 4 Sat 5 Apr: Kamakura – The Heart of Zen

AM Visit Zen Temples with Jon Watts

Kencho-ji, Japan's oldest Zen training monastery, offers a profound blend of history, architecture, and spirituality. Visitors can explore its iconic Sanmon gate, serene Zen gardens by Musō Soseki, and breathtaking views from Hansobo Shrine. It's a tranquil retreat to experience Zen culture and connect with nature in Kamakura's rich heritage.

PM Engaku-ji, founded in 1282 under Hojo patronage, flourished during the Kamakura Era but later declined due to disasters and loss of support. Revived in the 18th century by Seisetsu Shucho, it promoted Zen globally through leaders like Imakita Kosen and Shaku Soen. Today, it remains a significant Zen temple and cultural site.

Evening Enjoy Kamakura Beach and café vibe at sunset.



Overnight

Meals: B



Day 5 Sun 6 Apr: Kodosan Flower Festival (Yokohama)

All day Transfer from Kamakura to Kodosan Temple (bus)

OvernightKodosan Temple

The Kodosan Flower Festival in Yokohama is a vibrant celebration of seasonal blooms, traditional Japanese culture, and community spirit. Held at Kodosan Temple, it features stunning floral displays, tea ceremonies, and cultural performances. This serene and visually captivating event offers a unique opportunity to experience Japan's harmonious blend of nature and tradition.

Meals: B L D

Paying respect to the **Buddha's relic**

Experience Temple Stay at Kodosan Guesthouse













7 Apr: Yokohama Go Green Day 6

Check out from Kodosan Guesthouse

All day Explore Yokohama habour and China Town (walking tour)





Evening

Experience public bath (onsen)

8 Apr: Tokyo's Hidden Zen Sanctuaries Day 7

Move from Yokohama to Tokyo (public train) AM



Kenju-in – An Eco Temple

Kenju-in, a 300-year-old temple situated in the heart of Tokyo, once served the Ogyu Matsudaira clan and was a sub-temple to Koishikawa Denzu-In. Now with 100 household members. The last renovation incorporated eco-friendly practices and natural materials, promoting sustainability within the community.

PM Fugen-ji – Engaged Buddhist Temple

Fugen-ji, founded in 1469, is located near the Musashino area in Tokyo. A part of the Tendai sect, it emphasizes spiritual enrichment through peace and mindfulness. Meet and talk to Rev. Jokan Ono the abbot and getting to know more about his idea on engaged Buddhism.

Trip conclusion and debrief Evening Tokyo Night Out

Overnight Yokohama

Meals: B



Tokyo

Meals: B





Day 8 9 Apr: Departure

AM Departure after breakfast

Overnight

Meals: B

Price: 45,900 Baht/person (45,000 Baht each for 2 people booking together)

Included:

- All transfers in Japan (bus and public train)
- 11 meals as stated in the program
- 7 nights accommodation
- All entrance fees
- Honorariums for guest speakers and resource persons
- Travel insurance

Excluded:

- Travel to and from Japan (Tokyo)
- Meals not stated in the program
- Personal items, snacks, medication, mobile phone, internet, water bottle for refill, etc.

Trip notes:

- Meet on the first day at Haneda Airport in the afternoon (time to be determined)
- Depart in Tokyo after breakfast and check out

