



Step away from daily life and experience zazen meditation in an ancient Buddhist temple.



Practice Zen meditation in a 300-year-old temple building surrounded by nature.

Hours  
**10:00 – 18:00**

Please make a reservation three days in advance.  
(Reservation not needed for stamp)

**Temple stamp and calligraphy lesson: ¥500/person**

**Zazen lesson and other activities :FREE**

Lesson length: Approx. 60 minutes  
Ages: 10 and up (calligraphy lesson)

\*All ages may participate in other activities.  
\*Available for parties of one or more.



Yoshinori Kogetsu, 43rd priest of Ryusenji Temple

Nihonmatsu's oldest temple, established in 1460

**Eishozan Ryusenji Temple**

A Buddhist temple in the Soto school, Ryusenji not only provides training in Zen meditation, but also hosts a temple festival, evening cherry-blossom concert, and other community events.

1-81 Niitaki, Nihonmatsu, Fukushima Prefecture, 964-0003  
Approx. 10 min. by taxi from JR Nihonmatsu Station. Parking available.  
Temple buildings open to the public 10:00–18:00

<http://eishozan-ryusenji.wixsite.com/ryusenji2>

Reservations and Information

Nihonmatsu Tourism Association |  
Eishozan Ryusenji Temple |

☎ 0243-24-5085  
☎ 0243-22-0423

Open 9:00–17:00  
email:  
eishozanryusenji@gmail.com

## What you'll do

### ○ Learn *shikantaza*, or “single-minded sitting”—the heart of zazen meditation.

#### STEP ①



Gather in the main hall before the lesson begins. The splendid decorations are a must-see.

#### STEP ②



Listen to an explanation of zazen and practice the proper sitting position.

#### STEP ③



Place your right foot on your left thigh, and your left foot on your right thigh. (The reverse is fine as well.)

#### STEP ④



Lay your left hand over the palm of your right hand and lightly bring your thumbs together.

#### STEP ⑤



Adjust your posture, elongating your back and breathing evenly. Your mind will naturally become calm. Do not fully close your eyes.

#### STEP ⑥



If your posture slumps or you become sleepy and are not focusing on zazen, the priest will tap your shoulders.

#### STEP ⑦



When he taps you, bring your palms together and lean towards him.

#### STEP ⑧



After being tapped, bow with your palms still together before returning to your original position and continuing to meditate. The session will end with a religious discourse.

Other activities include striking the temple bell, taking pictures in the palanquin, learning calligraphy (¥500), and getting a stamp (¥500). Please let temple staff know what you'd like to do.



#### Striking the bell in the temple bell tower.

The whole family can join in striking the bell in the *shorodo*, or bell tower, which was rebuilt in 1993. Soak in the solemn tone unique to ancient temples.



#### Taking photos in a palanquin once used by local lords and ladies.

A palanquin used by local lords and ladies is kept on the temple grounds. You'll feel like royalty in this temple treasure used by the upper classes in the Edo era (1603–1868)!

