

Learn About the History of Kohfuku-ji Temple and Buddhist Culture Directly from a Monk Inside the National Treasure "Tokondo" Eastern Golden Hall

## July 9, 25, 31 8:30-9:00 AM Kohfuku-ji Temple, Tokondo Hall

# **¥4,000** per person

Experience Nara's Kohfuku-ji Temple, a UNESCO World Heritage site, with exclusive early-morning access to the National Treasure Tokondo Hall. A resident monk will guide you through Buddhist teachings, the cultural significance of the temple's treasures, and even demonstrate calming breathing techniques. This rare opportunity allows you to immerse yourself in centuries of history and find inner peace in serene silence, before the public gates open.



## Tour Schedule

#### 8:20 Meet in front of the Tokondo Hall

Gather in front of the Tokondo, a National Treasure located at the heart of the UNESCO World Heritage site, Kohfuku-ji Temple.

#### 8:30 Special Guided Tour of the Tokondo Hall before it opens to the public

Application

Details

A monk will personally guide you through the hall, offering clear explanations of the Buddhist statues, teachings, and rituals. Additionally, you will have the opportunity to experience the breathing techniques practiced daily by the monks to calm and center the mind.

#### 9:00 End of the tour

You can continue to enjoy the Chukondo (Central Golden Hall) and the National Treasure Hall, which open to the public at 9:00 AM. The early morning hours tend to be quieter, making it an ideal time to leisurely appreciate the cultural treasures. Take this opportunity to fully immerse yourself in the peaceful atmosphere, and quietly appreciate the National Treasures at your own pace.

### Inquiry, Application

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#### About Kohfuku-ji Temple

Kohfuku-ji Temple, established in 710, is the main temple of the Hosso sect of Buddhism and has played a significant role in Nara's history and culture. It houses many Buddhist treasures, including the Ashura statue, and features the Chukondo (Central Golden Hall) with exquisite architecture. The temple's five-story pagoda and gardens showcase seasonal beauty, symbolizing harmony with nature.

