



**Participation  
Fee**

800 yen

Insurance included

**Seated Zen Meditation Experience at Amida-do Hall, Mt.Daisen**

# Participants Wanted

Please wear a mask and take your temperature to prevent the spread of COVID-19!

We may refuse your participation when you have symptoms such as fever, coughs and sneezes.



Bento of Shojin Ryori (Vegetarian Cuisine)  
1500yen ( Reservation is required and additional fee applies)

The deadline for the application:

Wednesday, November 4<sup>th</sup>

Date: Sunday, **15<sup>th</sup> November 2020** Time: 9:30am

The 2<sup>nd</sup> Daisen-Oki National Park Supporter's Event in 2020

- ❖ Where: Amida-do Hall and Sanrakuso on the hillside of Mt.Daisen
- ❖ Eligible applicant: Non-Japanese who lives in San-in region and their family.
- ❖ Dress Code: Please wear comfortable winter clothes and shoes for walking. (No heating is available in the hall)

Amida-do Hall is one of the most valuable Buddhist buildings in this National Park. It's been constructed in 1552 and designated as national important cultural property with the main statue of Buddha. Let's try Zazen (Zen meditation) at the historical place surrounded by beech forest.

- Meet up at Dandan Hiroba near JR Yonago station at 9:30 am, or at the 2nd floor entrance of Daisen National Park Centre at 10:00 am.
- Visit Amida-do Hall and have Zazen experience
- Lunch at Sanrakuso
- Back to the Park Centre at 1:00 pm or Dandan Hiroba near JR Yonago station at 1:30 pm



Contact Here

**Media Scope**

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