

***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**

<p><b>Day 1 Wed 2 Apr: Arrive Haneda Airport / Transfer to Brown's Field in Chiba</b></p> <p>PM Airport Pick Up (bus)</p> <p>Transfer to <b>Brown's Field</b>, 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.</p>	<p><b>Overnight</b></p> <p>Brown's Field (jiji no ie)</p> <p>Meals: D</p>
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# Japan: Simply Zen Living

Chiba, Kamakura, Yokohama, Tokyo  
2-9 April 2025

## 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**

**Overnight**

Kamakura

Meals: B

**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.







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<p><b>Day 5 Sun 6 Apr: Kodosan Flower Festival (Yokohama)</b></p>	<p><b>Overnight</b></p>
<p>All day Transfer from Kamakura to Kodosan Temple (bus)</p>	<p>Kodosan Temple</p>
<p>The <b>Kodosan Flower Festival</b> 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.</p>	<p>Meals: B L D</p>
<p>Paying respect to the <b>Buddha's relic</b></p>	
<p>Experience <b>Temple Stay</b> at Kodosan Guesthouse</p>	







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## Day 6 7 Apr: Yokohama Go Green

AM Check out from Kodosan Guesthouse  
All day Explore **Yokohama harbour** and **China Town** (walking tour)

### Overnight

Yokohama

Meals: B



Evening Experience **public bath (onsen)**

## Day 7 8 Apr: Tokyo's Hidden Zen Sanctuaries

AM Move from Yokohama to Tokyo (public train)

### Overnight

Tokyo

Meals: B



### 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.



Evening Trip conclusion and debrief  
Tokyo Night Out





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**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



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