

DISCOVER THE ESSENCE OF JAPANESE CULTURE!

in Nara, the place of origin



Around 1,300 years ago, the capital of ancient Japan was located in Nara, mostly within the area of present-day Nara City. With long and rich history, Nara City is one of Japan's top tourist spots. And it's less than an hour by train from Osaka and Kyoto.

JPY 15,000~

Zen experience at Sansho-ji Temple

Experience authentic Zen meditation at Sansho-ji Temple in Nara. Guided by the vice head priest, immerse yourself in serene surroundings and deepen your connection to Japanese culture, making your journey truly unforgettable. At Sansho-ji Temple, experience the Japanese mindset and spirit through Zen practice, using zazen as a way of self-reflection. The vice head priest leads the session in English, sharing his insights on Zen directly. Through monastic practices such as zazen and personal conversations, you'll gain a deeper understanding of Japanese culture and find a moment to reconnect with yourself.



- Time: 9:00-12:00
- Experience duration: 3 Hours
- Venue: Sansho-ji Temple

- 【 Including 】
- Instruction fee
- Clothing rental fee
- Zazen (Seated Meditation)
- Cleaning experience
- Japanese sweets with Matcha

JPY 4,000~

Nara Lotus Road—Four Temples Common Admission Ticket

Enjoy the special occasion that allows you to visit 4 temples between mid June through mid August: Entrance fee to four temples: Saidaiji, Kikouji, Toshodaiji, and Yakushiji, original special gift, and coupon for stores surrounding the four temples.



Experience
duration

3~4
Hours

JPY 12,000~

Nigiri Sumi Experience

Founded in 1577, Kobaien continues to make ink using traditional methods unchanged since ancient times. While making Nigiri sumi, you can experience the history of the Edo period.



Experience
duration

2
Hours

JPY 15,000~

Experience
duration

3~4

Hours

Kyudo –Japanese Archery-



At a traditional Kyudo dojo, put on authentic Kyudo attire and learn proper etiquette as you immerse yourself in this martial art. Under the careful guidance of an experienced instructor, you'll practice traditional Kyudo techniques.

Experience
duration

1.5

Hours

Japanese Sweets Making



Under the guidance of the shop owner, create two seasonal wagashi (traditional Japanese sweets). Afterward, enjoy your handmade sweets with matcha in a traditional machiya (Japanese townhouse).

JPY 5,000~

Experience
duration

1.5~

2.5

Hours

Nara Brush Making

Experience the final steps of making a Nara brush, from carving the handle to finishing the brush tip, while learning about the rich history of this traditional craft. Create your own unique brush—one of a kind in the world.



Watching Takigi Noh

Every year, from the third Friday to Saturday in May, the "Takigi Noh" (Noh performance by torchlight) takes place at the Kasuga Taisha Shrine and Kofuku-ji Temple. Don't miss the opportunity to experience the mystical Noh.



奈良市観光協会
Nara City Tourism Association

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<https://narashikanko.or.jp/en/index.html>

🌐 Inquiry: business@narashikanko.or.jp

3.0

Hours