

## Kamakura and Japanese cultural experiences

Kamakura was the political center of Japan during the Kamakura period (end of 12th century to early 14th century), which saw the emergence of samurai rule.

itinerary	
09 : 00	HTL⇒ <b>[sightseeing]</b> Tsurugaoka Hachimangu Shrine, Hokokuji Temple, The Great Buddha
12 : 00	lunch
13 : 30	<b>[Japanese cultural experiences]</b> Zazen meditation, tea ceremony
17 : 30	dinner

### Tsurugaoka Hachimangu Shrine

Tsurugaoka Hachimangu was regarded as the cultural birthplace of the samurai capital of Kamakura. The shrine was the spiritual home of the local people.



### The Great Buddha (*Daibutsu*)

A Buddhist sculpture representative of the Kamakura period, the "Great Buddha" was designated a national treasure.

It is 13.35 meters high (including the platform) and weighs 121 tons.



### Japanese cultural experiences

*Zazen* (literally "seated meditation") is one of the practices of Zen Buddhism. *Zazen* allows you to face yourself in silence and be refreshed both mentally and physically.

In the tea ceremony, you can experience "*Wabi*", a Japanese philosophy.



### Hokokuji Temple (a.k.a Bamboo Temple)



Hokokuji was built in 1334. The temple is known as the "bamboo temple" for the roughly 2,000 bamboo trees on its premises.

