

6th JAPAN-ASEAN Conference on Men's Health and Aging  
Kenchoji Tour July 2 (Sat)

**\*If you would like to join the Zazen Practice or Kenchoji Tour, please register at the Registration Desk.**

07 : 30

**Leave Kamakura Prince Hotel**

The first shuttle bus leaves at 7:30 from Kamakura Prince Hotel.  
Don't miss the first bus!



08 : 15 - 09 : 00

**Zazen Practice in English**

Kenchoji is the oldest Zen training monastery in Japan and has a history of over 750 years. The Zen sect of Japanese Buddhism was the spiritual backbone of Samurai in Kamakura era.



09 : 00 - 10 : 00

**Kenchoji Tour**

Kenchoji is the most renowned of five great Zen temples in Kamakura. The oldest Zen temple in Kamakura, Kenchoji was founded by the ruling regent Hojo Tokiyori in 1253 during the Kencho Era, after which it was named. Its first head priest was Rankei Doryu, a Zen priest from China. Although considerably smaller than in its heyday, Kenchoji still consists of a large number of temple buildings and sub-temples, and stretches from the entrance gate at the bottom of the valley far into the forested hills behind. After passing through the Sanmon (main gate), visitors will see Kenchoji temple bell (Bonsho), designated a national treasure, on their right.