

『A Mindful Encounter with Gaze of the Buddha』

With
Alex Kerr

The Premium Ancient Capital of Nara

Mindfulness Experience Tour

Date

① October 12 (Sun), 2025 ~ 13 (Mon)

② October 13 (Mon), 2025 ~ 14 (Tue)

Attendance 30 people

Tour Fee 200,000 yen per person



Set in the sacred grounds of Kōfuku-ji Temple, a UNESCO World Heritage Site in Nara, this spiritual premium journey offers a mindfulness experience guided by a Buddhist monk, featuring traditional breathing techniques passed down at the temple. Inside the privately reserved Tōkondō Hall, a National Treasure, participants spend time calming their minds in front of sacred statues, including the principal image of Yakushi Nyorai (Medicine Buddha), Monju Bosatsu (Manjushri), and Vimalakīrti.



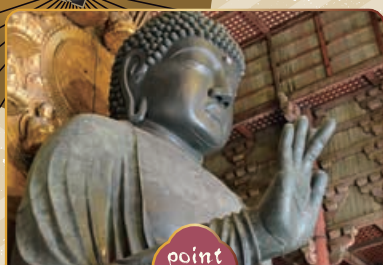
Alex Kerr アレックス・カー

Scholar of Eastern culture

June 16, 1952

Born in the USA

Nationality: USA



point
1

Enjoy famous buildings such as Yakushiji Temple, Kasuga Taisha Shrine, and Todaiji Temple in two days!



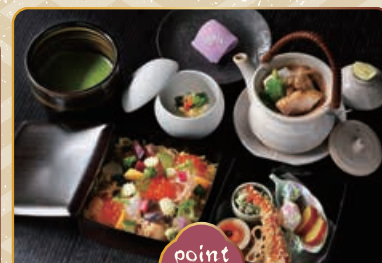
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2

Charter the Mahoroba Limited Express!
A guide will show you the sights and attractions of Nara!



point
3

For dinner on the first day, we will offer a special French course that makes the most of Nara's ingredients!



point
4

On the second day, we offer a lunch course that includes seasonal hachiju (eight-inch plate) dishes and fuki-yose chirashi (mixed rice with fish and vegetables). The use of ingredients from Nara adds a special touch.



Welcome
to
NARA!!

Travel Planning and Execution



NIPPON TRAVEL AGENCY CO., LTD. NARA

Email: tisnara_net@nta.co.jp

Person in charge: Seiichi Tanaka

Business Hour: 10:00~17:00

Closed on Saturday, Sunday and Japan public holidays.

※Inquiries will only be handled by email. Thank you for your understanding.



For reservations and more information, scan here.