

With
Alex Kerr

The Premium Ancient Capital of Nara

Date

①October 12(Sun),2025 ~ 13(Mon)

Attendance

②October 13(Mon),2025 ~ 14(Tue)

30 people

Tour Fee

200,000 yen per person

Mindfulness Experience Tour

This exclusive journey offers a rare opportunity to experience premium mindfulness meditation at Kōfuku-ji, one of Nara's most revered ancient temples, with over 1,300 years of history. The journey also includes special access to UNESCO World Heritage sites such as Tōdai-ji, Kasuga Taisha, and Yakushi-ji, offering immersive spiritual and cultural activities throughout. Travel from Osaka in style aboard the elegant and graceful "Mahoroba" limited express train, evoking the atmosphere of ancient Nara. Spend the night at the legendary Nara Hotel, often called "The Guesthouse of Kansai," and savor a refined dinner in its historic setting. Immerse yourself in a serene and unforgettable retreat, where tradition meets tranquility.



For reservations and more information, scan here.

TOUR SCHEDULE

Day 1

09 : 58 ● **OSAKA STATION**
10 : 57 ● **NARA STATION**
11 : 15 ● **NARA STATION**
11 : 45 ● **Yakushiji Temple**
16 : 00 ● **Kofuku-ji Temple**
19 : 00 ● **Nara Hotel(Dinner)**
(Specially French Course)
21 : 30 ● **Nara Hotel(Stay)**



Kofuku-ji Temple



Nara Hotel

Day 2

09 : 00 ● **Hotel**
09 : 30 ● **Deer Gathering.**
10 : 45 ● **Kasuga Taisha Shrine**
12 : 15 ● **Shisui, a Luxury Collection Hotel, Nara**
13 : 45 ● **Todaiji-Temple**
15 : 40 ● **Nigatsudo**
17 : 20 ● **Mt.Wakakusa**
19 : 45 ● **OSAKA STATION**
20 : 00 ● **SHIN-OSAKA STATION**



Shisui, a Luxury Collection Hotel, Nara
Launch Course 「Shion」



Alex Kerr アレックス・カー

Culture Scholar, Professor at Kyoto University of Advanced Science

Born in the United States in 1952. First visited Japan in 1964. Studied Japanese Studies at Yale University and Chinese Studies at Oxford University. He has resided in Kameoka City, Kyoto Prefecture since 1977.

In 1973, he purchased "Chiiori," a 300-year-old thatched-roof farmhouse in the Iya Valley of Tokushima Prefecture, and has since been engaged in the restoration of traditional houses, having renovated approximately 50 properties. In 2024, he was awarded the Architectural Institute of Japan Cultural Award. He actively promotes inbound tourism and cultural events. In 2008, he was appointed a Visit Japan Ambassador, and in 2019, received the Commissioner for Cultural Affairs Award from Japan's Agency for Cultural Affairs.

Books:

Lost Japan (1993), Dogs and Demons (2002), Nippon Keikan-ron (A Theory of Japanese Landscapes, 2014), Another Kyoto (2016), Nippon Junrei (Pilgrimage through Japan), among others.



Kōfuku-ji Temple

Kōfuku-ji is one of the most iconic temples included in the UNESCO World Heritage Site "Historic Monuments of Ancient Nara."

Originally founded in 669 as Yamashina-dera in Kyoto, the temple was relocated to its present location in 710 by Fujiwara no Fuhito, in conjunction with the establishment of the new capital, Heijō-kyō, and was renamed Kōfuku-ji.

As the family temple of the powerful Fujiwara clan, Kōfuku-ji flourished through the support of emperors, empresses, and noble patrons. During the Nara period, it was regarded as one of the Four Great Temples, and by the Heian period, it had become one of the Seven Great Temples of



Tōkondō (Eastern Golden Hall)

The Tōkondō, designated a National Treasure, was originally built in 726 by imperial decree from Emperor Shōmu. It was reconstructed in 1415 during the Muromachi period in the architectural style of the Tenpyō era.

Inside the hall stands a remarkable ensemble of sacred statues, centered around the seated Yakushi Nyorai (Medicine Buddha), a masterpiece from the Muromachi period and an Important Cultural Property.



National Treasure Hall & the Statue of Asura

The National Treasure Hall of Kōfuku-ji preserves an extensive collection of Buddhist sculptures, paintings, and artifacts that reflect the temple's long and storied history. Many of these works are designated as National Treasures or Important Cultural Properties of Japan. At the heart of this collection is the Statue of Asura (Ashura), one of Japan's most celebrated masterpieces of Asuka-period Buddhist sculpture. With its serene expression and three-faced, six-armed form, the Asura figure has captivated viewers from around the world and remains a symbol of the spiritual and artistic heights of ancient Japanese craftsmanship.