

# 『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.



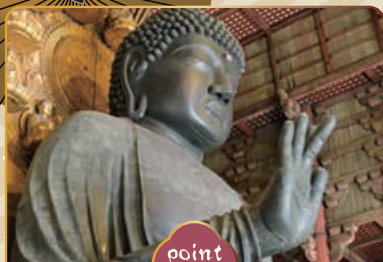
**Alex Kerr** アレックス・カー

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!



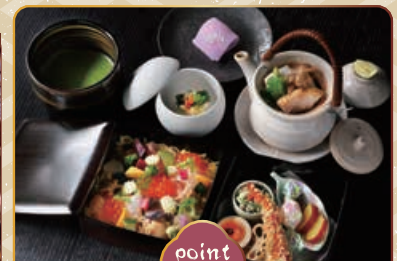
point  
2

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

Lunch on the second day will be served at the popular Shisui, a Luxury Collection Hotel, Nara, offering the lunch course "Shion"!



Welcome  
to  
**NARA!!**

Travel Planning and Execution



NIPPON TRAVEL AGENCY CO., LTD. NARA

Email: [tisnara\\_net@nta.co.jp](mailto: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.