

SHAKYO · ZAZEN · SHOJIN FOOD!

[ Yamaguchi city & Yudaonsen area  
Tourist Route ]

# A tourist map for ZEN practice

Let's get to know the basics  
**SHAKYO · ZAZEN · SHOJIN FOOD**

ZEN is an idea and philosophy from ZEN Buddhism and is also a term for practice based on the philosophy. Originally, it is a practice by monks but nowadays many people practice it to improve their concentration and to get relaxation.

**SHAKYO** | To make a duplicate of Buddhist scriptures by hand

**What is SHAKYO?**  
Originally, SHAKYO was to spread a sutra. Gradually, it was considered an action of merit and became custom for prayer and memorial service.

**How is it done?**  
First, purify your body by washing your hands and then carefully handwrite each character one by one. The manners and orders differ from each temple, for example, reciting a sutra and burning incense before SHAKYO.

**ZAZEN** | Unifying spirit with eyes half open and with cross-legged sitting!

**What is ZAZEN?**  
ZAZEN is a practice to sit in correct posture with eyes half open and breathing slowly in order to get rid of worldly thoughts and to go back to your true self. It is expected to give you relaxation and mental stability, as well.

**How to do?**  
Sit right in the middle of Zafu (a round cushion used for ZAZEN). Cross your legs and put your hands on your knees or thighs with your eyes half open and do abdominal breathing, or deep breathing. The manners and orders differ from each temple.

\*There are various interpretations about SHAKYO, ZAZEN, and SHOJIN FOOD. Please inquire to each temple and restaurant.

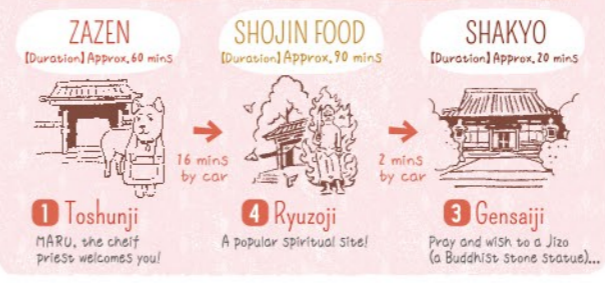
**SHOJIN FOOD** | SHOJIN FOOD is a monk's vegetarian food to get rid of worldly thoughts.

**What kinds of SHOJIN FOOD are there?**  
Since Killing is not acceptable in Buddhism, only vegetables, beans and grains are allowed to use in their meals. Menu changes from season to season by temples and restaurants.

**Keep in mind!** — Rules about experiencing the practice —

- 1 Make a reservation in advance!**  
Some temples accept guests without reservation. If you don't want to miss it, you'd better to make a reservation.
- 2 Refrain in busy seasons!**  
It is better to refrain from asking for the practice especially in Obon (in the middle of August), around year-end and New Year, and temple's events.
- 3 Make sure what to wear and so on!**  
Inquire clothings and what to bring for ZAZEN and SHAKYO upon making reservation.

**Model course!**  
Here, we introduce an example of our model courses to you. Create your original course!



**Try this!** Rental Bicycle Information

**Yuda Onsen Tourist Information Center**

**OPEN** 9:00 ~ 17:00  
**PRICE** 400 yen ~ / 2 hours  
100 yen for every extra hour (Bicycle insurance included) (Maximum hours of rental : 8 hours)

Kid's bicycles are also for rent!

Please be ready to show your ID card to rent a bicycle.

**Contact**  
tel. +81-83-922-1811 / 083-922-1811  
(Yuda Hot Spring Hotel Information Center)

**Try local taxis for sightseeing!**

Please contact each taxi company to inquire about their services!

**Publisher / Yudamori**  
[Contact] +81-83-922-0344 / 083-922-0344  
(Yuda Hot Spring Hotel Cooperative)  
5-2-20 Yudaonsen, Yamaguchi city, Yamaguchi Prefecture, 753-0056  
**Official website : www.yudaonsen.com**

\*All the information here are listed on March 20th, 2018.

**8 Jizoin**

**6 Jofukuji**

**5 Kotakuji**

## Yamaguchi city & Yudaonsen area Tourist Route A tourist map for ZEN practice

**1 Toshunji**  
MARU, the chief priest, welcomes you!

**2 Jieiji**

**3 Gensaiji**  
Pray and wish to a Jizo (a Buddhist stone statue)...

**4 Ryuzoji**  
A popular spiritual site!

**5 Kotakuji**

**6 Jofukuji**

**7 Genkyuji**

**8 Jizoin**

**9 Sansuien**

**Yuda Onsen Tourist Information Center**

Legend:  
 ...Footbath  
 ...Rental Bicycle (Reservation required)



# 1 Toshunji



☎ 083-922-1028 📍 5-27 Mizunoue-cho, Yamaguchi city

Toshunji is a family temple of Motonari Mori. The gate and the Kannon-do were built circa 1400 and are important cultural properties. It has relationship with Kaoru Inoue and you can experience atmosphere of the Sengoku period and in the end of the Edo period.



MARU, a doggy monk joins you sometimes!



**Information**  
**Experience** ZAZEN  
**Price** 500 yen  
**Duration** Approx. 60 mins  
**Open** Every Saturday at 19:00

admission free

\*A reservation will allow you to do the ZAZEN anytime anyway.

# 5 Kotakuji



☎ 083-920-1417 📍 1483 Kurokawa, Yamaguchi city

It is a family temple of Noriyuki Ouchi, a son of Moriharu Ouchi, the 26th generation of Mori clan. There are many of prefecturally designated tangible cultural properties such as Yakushi Ruriko Nyorai and Nitenno Ritsuzo among others. Both were built in the late Heian period, about 800 years ago.



**Information**  
**Experience** ZAZEN & SHAKYO  
**Price** [ZAZEN] Free  
 [SHAKYO] 500 yen  
**Duration** [ZAZEN] Approx. 45 mins  
 [SHAKYO] Approx. 60 to 120 mins  
**Open** [ZAZEN] Every Sunday 19:00~20:00  
 [SHAKYO] The 1st Sunday at 9:00, the 3rd Tuesday at 13:00



admission free

# 6 Jofukuji



☎ 083-924-2590 📍 4-6-33 Ouchimihori, Yamaguchi city

Jofukuji is the first Zen temple in Yamaguchi and was built by Shigehiro Ouchi in the late Kamakura period. It became a cultural source for Ouchi clan. In the end of the Edo period, it is also known as a secret spot for Satcho Alliance where Ryoma Sakamoto and the other members got together.



admission free

**Information**  
**Experience** ZAZEN & SHAKYO  
**Price** [ZAZEN] Free  
 [SHAKYO] 100 yen  
**Duration** [ZAZEN] Approx. 30 mins  
 [SHAKYO] Approx. 30 mins  
**Open** [ZAZEN] The 1st Sunday 16:00 ~ 17:30  
 [SHAKYO] The 1st Sunday after ZAZEN session



# 2 Joeiji



☎ 083-922-2272 📍 2001-1 Miyanoshimo, Yamaguchi city

It is a temple built as a villa by Masahiro Ouchi about 500 years ago. A dry garden and a walking garden with a pond in the center were designed by a master painter Sesshu and were registered as national historic and scenic sites in the 15th year of the Taisho period (1926).



\*Bring your own calligraphy pen!

**Information**  
**Experience** ZAZEN & SHAKYO  
**Price** Each 1,000 yen  
**Duration** Each approx. 60 mins  
 \*Each experience requires more than 10 people



🕒 8:00~17:00 (From December to March until 16:30)  
 ¥ Adult 300 yen  
 Student (middle school and high school) 200 yen  
 Student (primary school and under) free

## "Goshuincho (stamp book)" produced in Yudaonsen, Yamaguchi

The cover of the "Goshuincho" is made of local traditional craft paper, "Tokuji Washi". It has a unique design with Ouchi clan crest and Ouchi dolls and is original from Yamaguchi. Super Kawaii (cute)!



Price / 3,000 yen \*Limited Edition

**Sales offices** Some of temples and shrines in Yamaguchi city, Yuda Hot Spring Hotel Cooperative  
**Inquiry** +81-83-920-3000 or 083-920-3000 (Yuda Hot Spring Hotel Cooperative)

# 3 Gensaiji



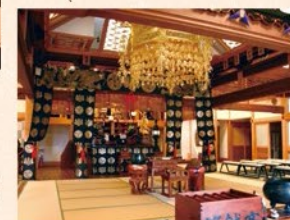
☎ 083-922-4560 📍 4-10-20 Yoshikisabata, Yamaguchi city

It is a family temple of Yoshiki Mori clan. A ceiling of the main hall has an influence from Christianity, since Hidekane Mori, a son of Motonari Mori, believed in Christianity. A Jizo (a Buddhist stone statue) is believed to make your wish come true.



Try a short SHAKYO for "admiration of Kannon to prolong your life"!

A rare dome-shape temple!



A grave of Yoshiki Mori clan known as a spiritual site!

**Information**  
**Experience** SHAKYO  
**Price** 300 yen  
**Duration** Approx. 20 mins  
**Open** Anytime  
 \*reservation not required

admission free

# 4 Ryuzoji



☎ 083-924-1357 📍 1750 Yoshiki, Yamaguchi city

Ryuzoji is well known as the oldest venerable temple in Yamaguchi. An eleven-meters high statue of Daisho Blue Acala and approximately 900 year-old great ginkgo, one of the Japan's natural monuments, are quite spectacular. The temple is also popular as a spiritual site.



variety of seasonal local vegetables and mountain herbs



The photo is for illustrative purposes.

**Information**  
**Experience** Vegetarian food  
**Price** 3,240 yen ~ 5,400 yen  
**Open** 11:30~13:00  
 \*A reservation is required 3 days prior. \*Please consult for group reservation.  
 🕒 8:00~17:00  
 ¥ Adult 200 yen, Student (middle school and high school) 100 yen, Student (primary school) 50 yen

# 7 Genkyuji



☎ 083-929-0467 📍 2910-1 Nihoshimogo, Yamaguchi city

Genkyuji was built in the first year of the Shoji period (1199) in order to mourn for Bodhi of Yoritomo Minamoto. In Sanboden on the premises, you can see a wooden seated figure of Tairago Shigetune, a nationally designated important cultural property. It is also famous for beautiful lotus flowers.



You can experience ZAZEN and SHAKYO at Sangenkai on the 3rd of every month.

**Information**  
**Experience** ZAZEN & SHAKYO  
**Price** Donation  
**Duration** [ZAZEN] Approx. 30 mins ~  
 [SHAKYO] Approx. 15 mins ~  
**Open** Anytime (A reservation required)



admission free

# 8 Jizoin



☎ 083-987-3044 📍 3483 Natajima, Yamaguchi city

Jizoin was built in the 19th year of the Tenpyo period (747) by Gyoki. It is one of the 88 temples pilgrimage of Aio and the Sanyohana pilgrimage to issue amulets. A huge rock sitting on the ground is spectacular! It is one of the rare temples where you can practice Ajikan, Yoga breathing meditation from Shingon esoteric Buddhism.



Experience deep meditation in dim light space!

**Information**  
**Experience** Ajikan  
**Price** 1,000 yen  
**Duration** Approx. 30 mins  
**Open** Anytime (A reservation required)



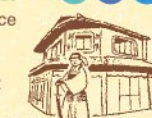
\*Ajikan means esoteric Buddhist meditation. You can practice meditation through Yoga style breathings while facing on Ajikan scroll.

# Oji Lobby



☎ 083-920-9220

Oji Lobby is tourist information center and free rest space facing on Oji Street with traditional townhouses. They provide you with information about historic sites and tourist spots nearby and rent out costumes of important figures of the Meiji Restoration.



🕒 10:00~17:00 If Tuesday is holiday, it will open on the next weekday.  
 ¥ Admission Adult 300 yen, Student (middle school and high school) 200 yen  
 ¥ Ishin de cosplay 200 yen / 30 mins

# Yamaguchi Saikotei

☎ 083-934-3312

Established in the 10th year of the Meiji period (1877), it was an authentic restaurant / guest-house active for about 120 years until its closure in the 8th year of the Heisei period (1996) and it was relocated to the current location. You can dress up with Kimono or Hakama to experience the old days like Bakumatsu shishi, important historical figures from the mid 19th century.

🕒 Kimono wearing experience 9:00~15:00 **Closed** Tuesdays  
 ¥ Kimono 2,800 yen~ / Bakumatsu shishi 3,800 yen~  
 \*A reservation is required by the morning prior to the day.



## Attention, please! Try a monk's SHOJIN FOOD in Yudaonsen!

# 9 Sansuien



☎ 083-922-0560 📍 4-60 Midori-cho, Yamaguchi city

The architecture is a nationally registered tangible cultural property and the garden is a nationally registered monument. You can enjoy monk's vegetarian food at "Rinsui", a restaurant overlooking a beautiful garden. You can also experience a day spa with natural hot spring.



The photo is for illustrative purposes.



Try foods from 500 years ago! Enjoy the Heisei Ouchi plate!  
 Sansuien serves the Heisei Ouchi plate, which was reproduced from a menu in old documents and was served when Ouchi family treated Yoshitane Ashikaga, a Shogun. It is believed that the dishes overnumbered ones in Kyoto and it was the most gorgeous party in the middle ages in Japan.

**Restaurant Rinsui**  
**[Vegetarian food] 4,320 yen ~** \*A reservation with at least 2 people is required 3 days prior  
**[Heisei Ouchi Plate] Yoshioki Ouchi Course 5,400 yen**  
**Ouchi Gozen Lunchbox 3,240 yen**

\*Reservation requires a group of 5 people or more.  
 \*A reservation is required 5 days prior to the day (Yoshioki Ouchi Course : 2 days prior to the day)  
**Open** 11:00~14:00 (Last order 13:30)  
**Tel** 083-924-4582 **Closed** Tuesdays, New Year's Holiday

**Hot spring**  
**Adult 1,600 yen, the elders over 70 years old 1,300 yen, primary school students and under 800 yen**  
**Open** 10:00~22:00 (enter until 21:00)  
**Tel** 083-921-0656 **Closed** Tuesdays (As a general rule)