

What is a Temple Stay?

Temple stays are a unique opportunity for foreign tourists to live in a Buddhist temple and learn about and experience Korean Buddhist culture firsthand. Most temples are located deep in the mountains, so visitors can also fully enjoy the beauty of nature. It is a cultural experience that recharges you, handles your mental stress, and teaches you about traditional culture.

At a temple stay, barugongyang (Buddhist meal with traditional wooden bowls) or a tea ceremony are not about simply having a meal or sipping a cup of tea. They are a part of the general program of discipline and training. The basic program at a temple entails Zen meditation, tea ceremonies, and barugongyang.



Main program

Thursday, 29 April 2010

12:30 Departure to Temple stay by Bus (small lunch at the bus)

13:30 Uniform distribution

13:40 Opening ceremony and temple tour

14:00 Community work and understanding others

15:00 Zen Meditation (sitting-style meditation)

Participants will learn and practice some meditation positions and methods that monks used to meditate to find enlightenment.

15:30 Making of prayer beads and Buddhist painting

16:30 Communal Buddhist Meal Service (Balwoo gongyang)

* Balwoo gongyang is a unique and special way of eating in Korean temples. At this communal meal practice the meal is eaten in total silence, and not a single grain of rice is wasted

17:30 Departure to Daejeon (1 hour)