

## Shugendo Experience • Yamabushi Experience

<p><b>On-site plan In the natural setting of Dewa Sanzan sacred mountains, experience Yudono-san spiritual practices. Undergo waterfall training and take part in yamabushi fire rites on Yudono-san, a hallowed place of spiritual culture.</b></p>	
Outline	<p>First opened 1400 years ago by Prince Hachiko, the three mountains of Dewa Sanzan are venerated as holy mountains for spiritual training. Here, the ancient Haguro school of Shugendo continues to directly transmit the same rigorous training undertaken by Prince Hachiko. Even today, adherents follow these practices on the mountain.</p> <p>During the experience, you will wear white attire, undergo part of the training, and learn about Shugendo and the natural features of Dewa Sanzan.</p>
Guide	Senior yamabushi (Japanese language only)
Highlights	<ul style="list-style-type: none"> <li>• Purifying mind and body by walking upstream, standing under a waterfall, and taking part in goma fire rites</li> <li>• Guidance by experienced practitioners</li> <li>• Authentic practice in white attire</li> <li>• Culmination in highlights of the Yudono-san journey of rebirth, which symbolizes the future.</li> </ul>
Appropriate attire	<ul style="list-style-type: none"> <li>• Participants will wear white attire</li> <li>• White attire rental: 700 yen</li> </ul>
Guide charge	Please enquire
Typical itinerary	8:45 Gather at Yudono-san Sanro-sho > Change clothing > 9:30 Sanro-sho departure > Walking upstream > 10:30 Purification under waterfall > 11:30 Worship at Yudono-san main hall > 12:30 Fire rites at Sanro-sho (1 hr.) > 13:30 Change clothing > 14:00 Dispersal
Insurance	Necessary for participation
Enquiries	DEGAM Tsuruoka Tourism Bureau (General Incorporated Association) <a href="mailto:tsuruoka@degam.jp">tsuruoka@degam.jp</a>
Please be advised	Please be aware that rainfall or other circumstances may cause programs to be cancelled. In particular, waterfall training depends on the flow of water.
Availability	Late July to mid October (No access to mountain during winter closing period) Programs take place from 9:00 to 15:00



Guidance by yamabushi



Waterfall rite



Fire rite

\*Photos taken at a particular time, you experience may be different.