

### ***Shukubo* Temple Lodgings**

Guests who wish to stay in the *shukubo*, or temple lodgings, are expected to follow basic rules of etiquette that conform to the lifestyle of Buddhist priests. Guests should try to arrive no later than 5:00 p.m., as dinner is served relatively early, often around 6:00 p.m. Buddhist vegetarian cuisine (*shojin ryori*), is served at the evening meal and for breakfast.

The rooms have tatami floors, sliding doors, and shared toilet facilities. Guests also have access to the communal bath, which is separated by gender. The rules for the bath are similar to those at Japanese hot springs. First, undress and leave your clothes in the changing room, entering with only a small hand towel. Next, take a seat in front of one of the low shower heads, wash with soap and shampoo, and rinse thoroughly. Please ensure that no soap or suds remain when you step into the bathtub, and also take care not to put the hand towel in the bath water.

Guests are expected to lay out their own futons in the evening and put them away in the morning. Bedding is kept in the bedroom inside a large cupboard with sliding doors. Spread the futon mattress on the floor and cover it with the sheets and covers provided. The cupboard will also contain a light blanket for the warm summer months and a thick cover for winter guests. During the coldest months, a gas heater may be available in the room.

Visitors are invited to take part in morning prayers, which typically commence at 6:00 a.m. and last for about 30 minutes. Breakfast is served at 7:00 am. Some temples also hold a meditation session in the afternoon.