



MY HEALTH YOGA

Yoga, Zen, Reiki



JAPAN

Cultural Tour

2012



About the Tour...

The 10-day-Tour in Japan offers you the opportunity to deepen your Yoga practice, Meditation, Reiki and learn about Japanese culture with lots of fun and cherry blossoms! The whole tour will be led by the My Health Yoga teachers- Yumi, who is originally from Japan and Leon, who is in love with Japan and its culture. The tour will take you to a number of exciting and historical cities in Japan including Kyoto, Osaka, Fukuoka and Nagasaki. Being away from home, your family, and comfort zone to a somewhere completely new and of different culture, you may be surprised how much you learn about yourself through exploring yourself!!!

Dates...

Monday, 26 March – 04 April 2012

Contents...

- 2 night stay at the Zen Temple in Kyoto
- 1 night stay at Ryokan (Traditional Japanese style hotel)
- Zen introduction seminar x 1
- Zen meditation x 2
- Cultural program x 1
- Yoga classes x 4 (including 2 hour master class by local teachers and some optional classes)
- Guided sight-seeing tours in Kyoto and Nagasaki
- Optional day tour
- Hot spring experience x 1
- Picnic x 1'
- Home dinner party x 1



Includes...

- All the yoga classes
- All the zen sessions



- Cultural program
- Guided sight-seeing tours
- Accommodations (twin room)
- All the breakfasts
- Some lunches and dinner
- Hot spring
- Dinner party



Excludes...

- Airfare (to be arranged independently*)
- Rail Pass (to be arranged independently while outside of Japan**)
- Travel insurance (recommended)
- Optional Reiki sessions
- Optional yoga classes
- Lunch and dinner (except lunch on day 6 & 7 and dinner on day 9)
- Any spending money while in Japan



*Jet Star flies between Gold Coast and Osaka every day. Please visit www.jetstar.com for booking.

*Japan Rail Pass is only available outside of Japan. The local travel agencies can organize the pass for you. If you are to use only during the program, please purchase 7-day-pass (Economy- approx.. \$353). If you are to stay longer in Japan (with your own arrangement), you may purchase longer valid pass. Make sure to purchase this before you depart. For more information, please check:

<http://www.traveljapan.com.au/rail-pass?gclid=CPTUieX42KwCFeFKpgodL14xpw>

Cost...

Aus \$1790 /per person (twin share*)

*While staying at Zen temple, we will need to follow the strict rules of the temple accordingly. The rooms and bathrooms will be shared with others and respect the simplicity of living.

If you wish to stay in a single room at the hotel, single room can be arranged by request. Please contact Yumi for additional cost.

Apply by...

15 January 2012

(The deposit of \$300 is to be made by this date)

For more information...

E-mail Yumi- yumi@myhealthyoga.com

Or call on 0435 001 999

Itinerary

Mon, 26 March: Day 1	Hotel
Arrive at Osaka (19:10- if flying with Jet Star)	
Bus to Kyoto/Check in at the hotel	
Tue, 27 March: Day 2	Zen Temple
9:00am: Program Orientation	
Sightseeing in Kyoto: visit different temples and market	
3pm: Check in at the temple	
Zen Introduction program (including Zen meditation)	
Wed, 28 March: Day 3	Zen Temple
6am: Zen Meditation and Yoga (1)	
10am: Cultural Activity: Tea ceremony	
12noon: Visit Mt. Kurama	
Thu, 29 March: Day 4	Kyoto Ryokan
6am: Zen Meditation and Yoga (2)	
Free day in Kyoto (or optional Reiki session)	
Fri, 30 March: Day 5	Osaka hotel
9am: Transfer to Osaka / Free time in Osaka or day trip to Takayama (optional)	
Sat, 31 March: Day 6	Fukuoka Hotel
8am: Ashtanga yoga class (optional)	
1pm: Shinkansen (bullet train) to Fukuoka (lunch- bento box and eat on the train)	
4pm: Arrive at Fukuoka, check in at the hotel, Free time	
Sun, 01 April: Day 7	Fukuoka Hotel
9am-12noon: Kimi's yoga master class in Fukuoka (3)	
PM: Picnic at Ohori Park with Fukuoka yogis	
ONSEN (hot spring)!	
Mon, 02 April: Day 8	Nagasaki Hotel
AM: Free time in Fukuoka (Shopping time @ Canal city)	
1pm: Depart for Nagasaki	
3pm: Check in at the hotel	
5pm: Yasuko's yoga class (4)	

Tue, 03 April: Day 9

Nagasaki Hotel

10:00am- Visit Nagasaki Atomic Bomb Museum and Peace Park (Meditation at the peace park)

Free time

6:00pm- Dinner party at Yumi's place☺

Wed, 04 April: Day 10

Depart for Osaka (Shinkansen to Osaka airport)

20:50pm- Depart Osaka for Gold Coast (If flying with Jet Star)