

JAPAN

- Holistic Journey -

2026
MAY

YOGA & ZEN

A Sanctuary of Yoga, Nature, and Sacred Serenity

TEMPLE
LIVING
&
YOGA

MARTIAL
YOGA

HOT
STONE
YOGA

NATURE
ON SEN



Daily
Yoga



Zen
Temple
Stay



Martial
Yoga



On Sen



Hot
Stone
Yoga



Shojin
Meal



Hakko
Workshop



Sha
Butsu



Za Zen



Mountain
Walk



Zen
Activities



Local
Produce

Discover Your Zen in Japan - A Transformative Yoga Retreat - EN縁 -

Find your inner peace in Japan - a unique retreat combining
Zen meditation, gentle yoga, and mindful temple living.
Breathe, reflect, and reconnect with your true self in a serene
sanctuary of nature and tradition.





Venues to Stay and Visit



HOKOU JI TEMPLE

Okuyama, Inasa cho, Hamamatsu-city,
Shizuoka-Prefecture,
Head temple of the Houkouji sect of Rinzai Buddhism



YUYA ON_SEN

Toyooka, Shinshiro-city, Aichi-Prefecture.
a natural hot spring surrounded by the serenity of the mountains.

Schedule

1st Day



2nd Day



3rd Day



4th Day



Yoga Studio En

+61 414 758295

info@yogazen.com.au

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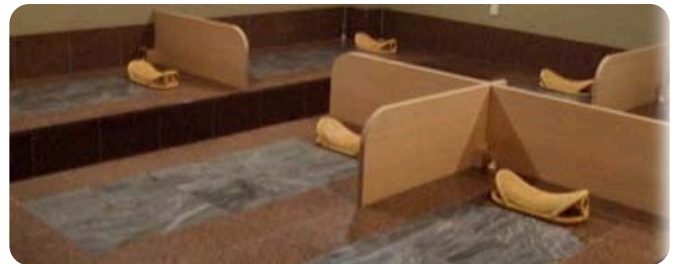


Special Yoga Styles



Martial Yoga

Martial Yoga blends the focus and discipline of martial arts with the fluid movement of yoga. Build strength, balance, and inner power through dynamic poses.



Hot Stone Yoga

Experience Hot Stone Yoga on a heated mineral bed that deeply warms your core and activates your inner strength, boosts circulation, detoxifies the body, and enhances relaxation from the inside out.

Schedule

5th Day



6th Day



7th Day



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