



Statement – Yoga & Zen Retreat in JAPAN

Embark on a transformative 7-day holistic journey through Japan's sacred landscapes, where ancient Zen traditions meet mindful yoga practice. Our retreat combines daily yoga sessions—including Martial Yoga and Hot Stone Yoga—with immersive cultural experiences such as zazen meditation, mountain walks, temple stays, and artisan workshops.

Guests will be welcomed into historic Buddhist temples, such as the head temple of the Houkouji sect of Rinzai Buddhism in Hamamatsu, and enjoy the serene comfort of Yuya Onsen—a natural hot spring nestled in the mountains. Days are enriched with shojin ryori (traditional Buddhist vegetarian cuisine), local kaiseki meals, and hands-on activities like shabutsu (Buddhist sutra copying) and fermentation workshops.

This program is more than a retreat—it is a sanctuary of yoga, nature, and sacred serenity. It is an invitation to deepen your practice, reconnect with yourself, and experience Japan's timeless spiritual heritage in an intimate and authentic way.