

21 March 2023: Arriving into Osaka

Arrive at Kansai International Airport in Osaka, Japan. After custom formalities and baggage claim, Oko & Hiroka will greet you. They will assist you to transfer to the hotel (travel time is 90 minutes).

If you are getting to the hotel directly, we will have an opening meeting at the lounge at 7:30pm.

Check-in time at the hotel is after 2pm.

22 March 2023: Kiyomizu Temple

After breakfast, we will visit the Kiyomizu Temple, one of the UNESCO World Heritage sites, and one of the famous shrines in Kyoto. Renowned for its iconic wooden terrace perched on the hillside, Kiyomizu-dera offers breathtaking panoramic views and is a testament to Japan's rich architectural heritage. After exploring the temple grounds, we'll embark on a delightful shopping experience on Sannen-zaka, a stone-paved pedestrian road and tourist attraction. The road is lined with traditional buildings and shops selling local crafts and souvenirs that beautifully reflect the essence of this famous location. We will have Yuba (dried tofu) for Lunch. On the way back to the hotel, we'll stop at Yasaka shrine to see the cherry blossoms. Upon returning to the hotel that late afternoon, we will have our first yoga practice with Jennifer Prugh. The yoga venue is the Retreat Room in the hotel, which has been recreated from the original "Ji-Kyo-Shitsu," a place with a history of 100 years. The spacious 60-tatami mat room was originally used as an elementary school for moral and etiquette education. Dinner is "kushikatsu," also known as kushiage, a deep-fried skewered meat dish with vegetables. In Japanese, *kushi* refers to the skewers; *katsu* means a deep-fried cutlet of meat.

23 March 2023: Uji

After breakfast, we will take public transportation (bus and train) to visit the serene town of Uji, renowned for its matcha tea. Here, we'll delve into the world of matcha, visiting Ju-en Coin, a symbol of Byoudouin. This tranquil spot showcases the exquisite tea culture and houses the world heritage Buddha, an awe-inspiring sight that stands tall and majestic, radiating a profound sense of peace and enlightenment. We will also have the opportunity to engage in a serene Zen meditation practice at one of the local temples. Surrounded by the whispers of ancient wisdom, we will immerse ourselves in the stillness of the present moment, deepening our connection with ourselves and the world around us. You will have some free time in the late afternoon when you get back to Kyoto. Free choice of your dinner.

24 March 2023: Fushimi Inari-Maiko show

After breakfast, we will take a bus to Fushimi Inari, to view the sacred Inari Shrine, dedicated to the Shinto deity of rice and agriculture. As we explore the vibrant vermilion torii gates that line the pathway, we'll feel a sense of wonder and reverence for this spiritual haven. At lunch, we'll have the pleasure of witnessing the mesmerizing Maiko dances, a traditional performance by geisha apprentices. Dressed in exquisite kimonos, these skilled performers will captivate us with their graceful movements, transporting us to a world of elegance and artistry. Embracing the beauty of Japanese traditions, we will adorn ourselves in enchanting yukatas and revel in the mesmerizing charm of cherry blossoms. In full bloom, these delicate pink petals create a picturesque backdrop as we stroll along the scenic paths, savoring the ephemeral beauty of Japan's nature's masterpiece.

25 March 2023: Mt. Arashi-Nishiki Market

We will wake up around 6am and have a morning yoga practice with Jennifer Prugh. Our adventure continues in Arashiyama, where we will be enchanted by the enchanting bamboo forest. Walking amidst the towering bamboo stalks, we'll find solace in the rustling sounds and dappled sunlight that filters through, creating a serene and magical atmosphere. We will also visit one of the World Heritage sites "Ryoan -ji" where you will find a famous rock garden. To indulge in local flavors and delights, we'll explore Nishiki Market, a bustling hub of culinary treasures and traditional crafts, allowing us to immerse ourselves in the vibrant local culture. You will have free time there and find something you would like to satisfy your appetite. Free choice of your dinner.

26 March 2023: Mt. Kurama & Kifune

After breakfast, we'll embark on a one-day excursion to Kuramayama, where we'll explore the beauty of Mt. Kurama. Kuramayama is just north of Kyoto city, and is the birthplace of Reiki. Nestled amidst the scenic beauty lies a pristine lake, born from the ancient forces of nature. As we traverse the winding trails, we'll be rewarded with breathtaking views and a profound connection to the world of nature. We will trail hike for 2 hours at Mt. Kurama, through to Kifune, a small town in a forested valley, which developed around Kifune Shrine. According to legend, a goddess traveled in a boat from [Osaka](#) all the way up the river into the mountains north of Kyoto, and Kifune Shrine was built at the site where her boat journey had come to an end. Kifune Shrine is dedicated to the god of water and rain and believed to be the protector of those at sea. Here, you can obtain a unique type of fortune written on paper slips ([omikujii](#)) that reveal their messages when dipped into water. Okunomiya, the inner sanctum and original site of Kifune Shrine, lies about one kilometer further up the valley. It has a large rock, known as the boat stone, which is said to be where the goddess' yellow boat is buried. We'll return to the hotel and have our last yoga practice with Oko Kanno and Hiroka McGuane. Then, we will go to our last meal at a famous Sushi Restaurant.

27 March 2023: Osaka to Home

After breakfast, and farewell meeting, we'll transfer you to KIX airport (*approx 1hr30min from hotel*).

Cost Inclusions:	Cost Exclusions:
<ul style="list-style-type: none"> ○ Airport transfers at arrivals and departures (<i>for suggested KIX arrival time/flight</i>) ○ Meet and greet assistance of our representative at airport and hotel (<i>for suggested KIX arrival time/flight</i>) ○ Accommodation on single or twin sharing basis in best location ○ 6-night stay in Kyoto hotel (<i>free beverages - coffee, tea, wine - in the guest lounge</i>) ○ Daily breakfast in the hotel ○ 6 lunches & 4 dinners at top-rated restaurants ○ Tasting various type of Japanese local food at the restaurants ○ Yoga in the spacious tatami room every other day (<i>yoga mats are loaned complimentary for the practice, but bringing your own is recommended</i>) ○ Visiting UNESCO world heritage site ○ Experiencing Zen meditation at a local temple ○ Hiking Mt. Kurama, the birthplace of Reiki ○ Viewing a stunning Maiko dance show ○ Trying on Japanese traditional Kimono ○ English speaking tour escorts ○ All transportation services as listed on the itinerary ○ All entry fees for the above sights and activities as listed on the itinerary 	<ul style="list-style-type: none"> ○ 2 dinners ○ Expenses of personal nature like laundry, drinks, etc. ○ International airfare and visa fee ○ Entry fee of shrine/temple as not included in our itinerary. ○ Alcohol, in excess of a glass of wine, sodas, or other specialty drinks at meals at the restaurants ○ Anything not mentioned in the Inclusions column ○ Travel Insurance (strongly recommended) ○ Personal expenses (phone calls, souvenirs, spa services, etc.) or other expenses incurred beyond our control such as bad weather, flight cancellation, road closure, landslides, political disturbances, etc.

Terms & Conditions:

To ensure that all participants get the most out of the tour, it is important that you are fully aware of the level of activity, fitness, and medical health required to successfully complete this itinerary. Please read through the entire itinerary and retreat waiver carefully prior to confirming your place on the tour. Having established the facts, it is your responsibility to contact us with any concerns regarding individual levels of fitness, health, or ability.

Standard check-in/check-out times at the hotel will be 2pm & 11am. Breathe Together Yoga reserves the right to re-arrange itinerary to suit hotel availability without changing the total number of days in each destination and without compromising any services.