



Oct 1st(Tue)-2nd(Wed)-3rd(Thu) 2 nights for 3 days

2019' JAPAN Mountain Retreat

@ Paradise Chalet (EL.1,500m) , NOZAWA ONSEN ,NAGANO

schedule

about	Day 1
13:00	Pick Up at Iiyama station
13:30	「Zen」 meditation at temple
15:30	Sake tasting
16:00	Riverside open air Onsen " therapeutic natural hot springs"
18:00	Japanese Style Dinner at the local family home ↓ drive up to the mountain to 1,500m
20:00	arrive & check in at Paradise Chalet
	sharing & relaxing and a quality of sleep in a fresh air
	Day 2
6:00	Morning Yoga (60min) with mountain view
8:00	Breakfast (a fresh local veg & fruits)
10:00	Hiking to the lake with a local mountain guide
12:00	Yogini lunch box in the Beech Forest
13:00	SUP (2.5h) with a local instructor
16:00	Sunset YIN Yoga (60min)
18:00	Welcom dinner . Japanese Mt.ver
	Relaxation night , hopefully " twinkling starry sky"
	Day 3
6:00	Morning Yoga (60min) in the forest
8:00	Breakfast (Japanese style)
10:00	check out Paradise Chalet drive down to village
11:00	Village tour & Therapeutic Onsen
12:00	Retreat close

74,800yen/person for 2 nights

MIN participants : 5 adults

Includes : Room, 2 times Veg dinner & Breakfast , Lunch on 2nd day , Transfer service Yoga (3times), Zen meditation (1time), Sake tasting , Onsen, SUP with Instructor , Hiking guide and Local host.

NOT includes : Transportation to (from) JR Iiyama station . Travel Insurance

If date is not suit you please ask us for more available dates , we are able to organize a private retreat , required 5adults as minimum participants to hold this retreat .



Organized by Nozawa Yoga 「LIVE THE SEASONS」 : <https://www.snowcrystal yoga.com/>

