

# 4 Day Onsen Wellness Retreat Minakami, Japan November 20-23 2023

An Invitation to You

Spend 4 fruitful days with us to nourish your wellbeing

A one-of-a-kind onsen-themed wellness retreat

You'll be taken to hidden gems in Japan

Somewhere tranquil, not touristy

Surround yourself with trees, crisp air, pure water, nature sound

Heal your mind and body with hot spring therapy "Tōji 湯治"

Experience Japan's hospitality excellence

Learn from inspiring and fun activities designed for your wellbeing

You'll have an extraordinary time with a small group of like-minded people



Our wellness retreat is crafted with kindness and passion. It is not simply a relaxation or pampering. Unlike other wellness retreats, our program is inspired by the Japanese ancient way of nurturing the mind and body. We aim to bring you a fun-filled and fruitful experience that gives harmony to your mind, body and soul - you'll return home feeling renewed and recharged.

### **WHERE IN JAPAN?**

In Minakami, Gunma Pref 群馬県  
Just about 75 minutes from Tokyo by Shinkansen bullet train, the most convenient location near Tokyo to enjoy quality onsen and nature.

### **WHERE TO STAY?**

Staying 3 nights in 2 boutique Japanese-style accommodation in Minakami to let you have more onsen experience.

### **WHO IS IT FOR?**

If you like Japanese culture, love onsen, love nature, you care for your health and wellbeing, want to learn about ways to take good care of yourself, or simply want to take some time off to refresh your mind and body.

### **WHAT'S INCLUDED?**

Includes exquisite farm-to-table meals, 3 nights of accommodation, a variety of wellness- and nature-based activities, local experience workshops, transportation within Minakami.

### **WHAT CAN YOU GET OUT OF THE RETREAT?**

- Gain calmness and reduce stress
- Learn to listen to your body and find balance
- Experience traditional Japanese hot spring therapy - Tōji
- Learn from nature to inspire everyday lives
- Connect with your inner self in a tranquil environment
- Awaken your senses that are often suppressed in our over-busy life
- Let the healing onsen waters renew you with positivity
- Nourish the body and mind through wholesome meals and mindful practice



# Tatsumikan 辰巳館

## Kamimoku Onsen 上牧温泉



Located by the Tone River, Tatsumikan is a traditional Japanese ryokan in the Kamimoku Onsen area that has been serving guests for almost 100 years. Known for their excellence in hospitality, you'll be greeted by their friendly staff. Tatsumikan features a mosaic-tiled wall in one of their baths handmade by famous Japanese painter Kiyoshi Yamashita 山下清.

Meals at Tatsumikan are scrumptious and exquisite. Their signature charcoal-grilled cuisine "Irori kensan-yaki いろり献残焼" resembles samurai skewered food using carefully selected local fresh ingredients.

Most of their Japanese styled tatami-lined rooms have view of Mount Tanigawa.







## Sanazawa Terrace

### さなざわ出テラス

### Masawa Onsen 真沢温泉

Renovated and reopened in 2021, Sanazawa Terrace is a modern lodge house located in the southern part of Minakami that overlooks gorgeous terraced rice fields in the Masawa Onsen area. There is ample space within the building for relaxation in nature and for people to gather to connect with each other. All rooms are Japanese-styled with tatami-matted floor. Meals are served with fresh local produce from Minakami.

Masawa Onsen is known as “bijin no yu 美人の湯”, meaning hot spring of beauty due to the water’s skin-smoothing effect.





# About Minakami

Minakami features 18 onsen area **みなかみ18湯** ♨️ ~ Paradise for onsen lovers.

Minakami is a registered UNESCO Biosphere Reserve area.

Surrounded by gorgeous mountains and natural scenery.

More than 100 onsen ryokan lodgings.

Minakami people are welcoming and friendly.

Famous for adventurous outdoor activities and rich local produce.

Minakami is at the source of Tone River. Tone River is Tokyo's major water supply.

High-quality drinking water collected from melted snow of Tanigawa mountain.

***Minakami is the perfect place for onsen wellness retreat!***





## About Retreat facilitator



### Iris Law

**Author, Health & Wellness Coach, GYROTONIC® Trainer, Forest Bathing Guide**

Iris is a Health & Wellness Coach, GYROTONIC® Trainer, and Forest Bathing Guide. She is an advocate for health and wellness since at young age and has been leading a healthy lifestyle through eating well, exercising, building mental resilience and spending time with nature. Her passion has also led her to pursue various health & wellness-related studies in neuro-linguistic programming, aromatherapy, and eco-therapy.

She is a living example that it is possible to take charge of your health and have an abundant life. Having spent two decades as a senior executive in Investment Banking in Hong Kong where the work environment is highly stressful, Iris well-understands how exhausting life can be from work, urban city stress and challenges in our personal life. Her mission is to inspire busy professionals to focus on their health and wellbeing, and to empower them to become the best version of themselves.

Her healing journey led her to discover natural non-invasive therapies, GYROTONIC®, forest bathing and mindful practice. She also found herself obsessed with therapeutic hot springs through her travels across Japan for over 20 years. Being an onsen enthusiast and having visited over 120 onsen inns, she has an extensive knowledge in the Japanese onsen and bathing culture, and authored the nature- and wellness-focused book *The Onsen Experience: A Guide to Japan's Hot Spring Sanctuaries*. She believes in nature's healing power to restore balance in body, mind and spirit.

*"It's not just a bath, but a spiritual, awe-inspiring and transformative experience when you soak in the power and beauty of Mother Nature." ~ Iris Law*