



Yoga Retreat in Japan with Jade

13 - 16 November 2019, Kamakura

and Tokyo Experience

With Mariko

17-18 November 2019



ABOUT THE PROGRAMME

Fancy combining yoga with your holiday in Japan, one of the most fascinating countries in the world? Come join Mariko and Jade in this yoga retreat cum sightseeing holiday this autumn, and soak in the rich culture and traditions of Japan.

During this yoga retreat in the Land of the Rising Sun, get to experience different 'genre' of yoga from the traditional Hatha Yoga to Yin Yang flow yoga. Get more in-depth knowledge of what goes on in your body through our foundational workshop: From The Ground Up. In this workshop, you will learn how to treat and love your bodies, building a strong and sustainable yoga practise for life! Participants will also learn the different relaxation methods and apply these hands-on techniques to each other, promoting self-awareness. This helps to further enhance the practitioner's personal practise.

The excursion in Tokyo will be led by Mariko, a passionate yoga practitioner and food lover who grew up in Sendai and lived in Tokyo for over 10 years. Singapore has a special place in her heart since she lived there for 4 years. Having completely immersed in its food and culture, Mariko even speaks English with a Singaporean accent!

Mariko is passionate about showing the real Tokyo to visitors from abroad beyond the standard tourist itinerary. Come and experience Tokyo like a local, and through her eyes, see and navigate the city without need of the typical 'google map'.

We will provide retreat participants with more details about the excursions come September 2019.

SCHEDULE

13/11	Morning 400pm - 530pm 630pm - 830pm	Haneda Airport to Kamakura by train Hatha Yoga, hands on adjustment Dinner
14/11	7am-830am 930am-1130am 12noon-1pm 430pm-530pm	Breakfast Yoga@Temple - Pranayama, Anahata Gentle Flow, Yoga Nidra Shōjin Ryōri lunch at the temple Yin Yang Yoga
15/11	730am-830am 845am-945am 4pm-6pm	Sun Salutation Mandala Breakfast Yoga Workshop: From The Ground Up
16/11	730am-830am 845am-945am 1045am-12noon	Sun Salutation Mandala Breakfast Kamakura to Tokyo by train Free and Easy
17/11		Optional excursion <i>Tokyo through the eyes of a local</i> by Mariko
18/11		Optional excursion <i>Nostalgic Tokyo</i> by Mariko Tokyo to Haneda/Narita Airport by train/airport bus

Yoga mats and yoga props will be provided at the Yoga Studio.

Bring your own light yoga mat for the yoga session at the temple.

INCLUDED

- 3 nights' accommodation with breakfast
- Meet and greet at Haneda airport on 13th November 2019 morning
- Escorted train ride from Kamakura to Hotel Gracery Tamachi in Tokyo on 16th November 2019 morning
- All yoga fees
- Rental of yoga studio
- Rental of temple facility for yoga
- One 2 hours Yoga Workshop, 4 Yoga classes at the yoga studio
- One 2 Hours Yoga class at the temple
- One Shōjin Ryōri meal at the temple
- One dinner
- Free Memento - Photo album with a selection of photos taken during the trip

NOT INCLUDED

- Airfare
- Land transport
- Travel insurance
- Excursions in Tokyo
- 2 lunches and 2 dinners during retreat

PRICING

All prices below are per person at Kamakura for 4 Days 3 Nights from 13-16th November 2019.

Room Category	Earlybird Price (Now till 31 st August 2019)	Regular Price (After 31 st August 2019)
HOSTEL		
Single Room	\$1380	\$1518
Family Room - 4 Sharing	\$1154	\$1270
Bunk Beds - 6 Sharing	\$1052	\$1158
HOTEL (Near Kamachi Dori)		
Single Room - Small	\$1205	\$1326
Single Room - Big	\$1255	\$1381
Double Room - Two beds	\$1155	\$1271

Those joining the excursion in Tokyo and departing from Haneda Airport may want to check out the following hotels in Shinagawa area:

- Hotel Gracery Tamachi
- Shinagawa Tobu Hotel (Free hotel shuttle bus to Haneda Airport)
- Sotetsu Grand Fresa Shinagawa Seaside
- Hearton Hotel Higashi Shinagawa
- Meitetsu Inn Hamamatsucho

CANCELLATION POLICY

No refund or credits will be issued for cancellations starting from 1st September 2019.

50% refund for cancellations before 1st September 2019.

This retreat requires a minimum of 10 participants. You are advised to book your flight after minimum number of participants have been met.

VISA REQUIREMENTS

Please comply with all visa and health requirements of Japan

ABOUT THE RETREAT VENUE



The retreat will be held at a community based hostel in Kamakura, a historic coastal town with over 100 temples and shrines near Tokyo. During your free time you can chill out at the beach a minute's walk away, visit the many temples and shrines nearby, savour the wide variety of Japanese snacks and food in Kamakura, or enjoy the onsen by the coast in Kamakura and Enoshima.

MAIN FACILITIES

- Yoga studio, brasserie, lounge, public bath, bicycle rental and laundry machines

ACCESS

- 3 minutes walk to train station
- 1 minute walk to beach
- 20 minutes walk to Komachi Dori, the main shopping street in Kamakura
- 15 minutes walk to Great Buddha of Kamakura
- 15 minutes walk to Hase temple
- 15 minutes to Enoshima by train
- 1 hour to Shinagawa/Shinjuku by train
- 1 hour to Haneda airport by train
- 2 hours to Narita airport by train

ENQUIRIES AND BOOKINGS

Please send in your enquiries and booking requests to yoga.with.jade@hotmail.com

The rooms are on a first-come-first-served basis upon registration and full payment of retreat fees

Payment must be made within 5 days after sending in the booking request

Instagram accounts: [yoga.with.jade](#), [macoroni86](#)

ABOUT JADE



Jade has been a practitioner of yoga since the late 90s. Trained in Hatha and Vinyasa Yoga, she teaches with a passion that only one who has personally benefited greatly from this practice can. Her classes are steeped in alignment principals infused with influences from some of the greatest yoga masters of today.

Jade obtained her first teaching certifications from Kryoga in 2002 and soon after, ran the studio in Singapore under Dr Sri S Kamal. In 2004, she was invited to teach at the flagship True Yoga studio when they started operations and teaches there to this day. She also freelances at the Fitness First gym (formerly known as The Spa) since 2003.

She enjoys teaching a dynamic form of Hatha Yoga, known as Vinyasa, Ashtanga Yoga, as well as a more relaxing form of therapeutic yoga. She acknowledges and credits her teachers, past and present who have greatly influenced her teaching style; great teachers such as Edward Clarke, Baron Baptiste, Aadil Palkivala and Dr Sri S Kamal, to name a few.

Besides teaching regular classes, Jade also served as the principal teacher at yoga festivals such as Soulscape, Yogaspiration and Yoga events at Gardens by the Bay teaching as many as 800 participants. She was also featured in Shape magazine as one of 6 senior yoga teachers from various disciplines.

An early and firm believer in the healing powers of yoga, she is encouraged by the explosion in the popularity of the art form, as more people adopt a 'yogic lifestyle'.

Yoga saved my life, and it is my duty to give back!