



## **Being Joy Yoga Retreat: Mindfulness in Japan 2026**

### **Travel Itinerary**

#### **Day 1 – Welcome to Japan**

Arrive in Tokyo and check in at our hotel inside Haneda Airport. We'll gather for a warm welcome dinner — a gentle landing into Japan and the first step into shared presence and exploration.

#### **Day 2 – Into the Heart of Izumo & Mt. Sanbe**

Fly to Izumo to visit Izumo Taisha, one of Japan's oldest and most honored shrines, a sacred place of divine connection. Continue into the peaceful countryside and soak in a hot spring at our serene mountain retreat on Mt. Sanbe.

#### **Day 3 – Temple Life & Countryside Connection**

Start the day with yoga in nature, then join the morning temple ritual and English dharma talk at a countryside temple. Connect through a local cooking class, followed by mindful arts: flower arranging and matcha tea. As night falls, gaze at one of Japan's darkest, starlit skies.

#### **Day 4 – Heritage Walking & Mindful Practice**

Welcome the sunrise with yoga, then walk through the preserved town of Iwami Ginzan, a UNESCO World Heritage site. After a home-cooked temple lunch, explore calligraphy as meditation. Evening sangha and reflection.

#### **Day 5 – Meditative Walk in Garden and Mt. Fuji Arrival**

After breakfast, walking meditation through the Japanese gardens of the Adachi Museum. Fly to Mount Fuji Shizuoka landing amid green tea fields, and settle into a hotel with a panoramic view of Mt. Fuji.

#### **Day 6 – Zen & Tea**

Practice zazen and yoga at Rinsoin Temple, home of Zen Master Shunryu Suzuki Roshi. In the afternoon, visit a tea farm for hands-on harvesting and tasting. Dine on fresh, regional, and seasonal cuisine at a local restaurant.



## **Day 7 – Sacred Mount Fuji**

Ride a cable car overlooking the Pacific to Kunozan Toshogu Shrine, then visit a sacred Mt. Fuji spring and the World Heritage Center. Return to Tokyo for a closing dinner and final reflections.

## **Day 8 – Tokyo and Departure**

After breakfast, we part ways — grounded, refreshed, and connected.

\* This retreat is organized by Being Joy + Izumi Sato, not affiliated with Breathe Together Yoga.

### **Arrival & Departure:**

Arrival day: April 17th, 2026

- Welcome dinner 6 pm

Departure day: April 24th, 2026

### **What Typical Day looks like:**

6:30-7:30 am Morning yoga

8 am Breakfast

9 am departure for group activities

Lunch - Afternoon excursion, free, hot Spring, stargazing etc.

5 - 6 pm evening sangha/meditation, yoga for restore

7 pm dinner

### **How many practices of yoga & meditation?**

- 5 Morning flow yoga
- 3 Evening Sangha /meditation/yoga for restore
- 1 Zazen meditation at Zen temple

**What is included:**

- Accommodation for 7 nights
- Meals (starting from Day 1 Dinner until Last Day breakfast, except 3 lunches)
- Road journeys via air-conditioned mini-bus and other transportations (mentioned in the itinerary)
- 2 domestic flights via Japan Airlines: from Haneda (HND) to Izumo (IZO), and IZO to Mt.Fuji Shizuoka (FSZ)
- English speaking guide
- English speaking buddhist monk
- UNESCO World Heritage site visit at Iwami Ginzan and Mount Fuji
- Tea Farm Tour, harvesting tea and tea tasting
- Zazen and yoga at Zen Buddhist home temple of Zen Master ShunRyu Suzuki, Rinsoin
- Mindful practice: Flower, Tea, Calligraphy at Tokuzenji temple.
- Japanese cooking class
- Excursions: visiting Japanese rock garden, Izumo Shrine, Toshogu, Mt. Fuji Shrine, and Mt. Fuji World Heritage Center
- A Japanese Journal notebook and pen

**What is NOT included:**

- Airfare from your home to Tokyo (either NRT or HND)
- Transportation to the hotel on arrival day (hotel located inside HND)
- Transportation to the airport on departure day (hotel located near HND)
- Travel Insurance (required)
- Additional optional excursions
- 3 lunches
- Expenses of a personal nature like beverages, laundry, in-room services.
- meals/snacks and activities beyond what is mentioned in the itinerary.
- Souvenirs



## **Retreat Lead and Teachers Profile**

### **Reverend Etsuko Mikame**

Originally from Shimane Prefecture, Japan, Etsuko was born and raised in a Jōdo Shinshū temple—one of the largest Buddhist traditions in Japan. She is an ordained minister of the Jōdo Shinshū Hongwanji-ha tradition and holds a Yoga Alliance RYT 200 certification.

Currently serving as a kaikyōshi (overseas minister) at the San Jose Betsuin located in San Jose Japan Town, she offers mindfulness yoga classes at the temple together with Izumi.

She is devoted to offering space within the temple where people of all backgrounds—regardless of belief, tradition, or ethnicity—can come together to share moments of peace and presence through yoga.

She looks forward to welcoming participants into the temple and sharing mindful practices and journeys together.

### **Izumi Sato**

Izumi Sato is an E-RYT 500 yoga teacher from Shizuoka, Japan — where green tea is a daily ritual and Mount Fuji quietly watches over the land.

With a deep interest in how people live, believe, and practice across cultures, she has spent years observing the subtle rituals and values that shape daily life — beginning with her undergraduate studies in cultural anthropology and continuing through years of travel and life abroad.

Living in places like India and the U.S. gave her a fresh perspective on her own culture, allowing her to see Japan's depth and uniqueness with renewed clarity. Now, through yoga, mindfulness, and cultural retreats, she shares those insights with others — inviting people to slow down, connect mindfully, and experience the quiet richness of Japanese tradition.