Being Joy Yoga Retreat in Japan 2027
MOUNT KOYA & KUMANO PILGRIMAGE

Walking Our Path • 7-Day Journey

Meeting & Departure Location
Kansai International Airport (KIX), Japan

Journey Destination
Mount Koya (Koyasan) & Kumano Kodo Hot Springs

Day 1

Arrival & Grounding

Arrive at Kansai International Airport (KIX). You will be greeted at the airport and move to our first hotel. Take this first evening to rest, recover from your travels, and prepare your body and spirit for the journey ahead.

Day 2

Entering the Sacred Mountain

We travel into the mountains to Mount Koya (Koyasan) to begin our Temple Life. You will check into a traditional *Shukubo* (temple lodging), your home for the next three nights. Afternoon, we visit temple, Danjyo Garan, learning history of Mount Koya from our guide. We wind down the evening with restorative yoga and quiet reflection, creating a supportive space to share our initial insights.

Day 3

Temple Life & The Path of Okunoin

Awaken the body with morning somatic yoga. Today we traverse world heritage trails through the mystical Okunoin cemetery, walking mindfully beneath towering centuries-old cedars. This evening, we will savor exquisite *Shojin Ryori* (Buddhist vegetarian cuisine)—a culinary reminder of the profound gift of nature that sustains us.

Day 4

Deepening the Practice

Immerse yourself further into the rhythm of temple life. We explore more of Koyasan's ancient historical learning centers and gather for shared cultural activities, such as Japanese calligraphy and tea. Our Evening Integration will once again feature restorative yoga, offering a peaceful environment to realize that we do not walk alone.

Day 4

Deepening the Practice

Today, we traverse miles of world heritage prigrimage trails walking mindfully beneath towering centuries-old cedars. Our Evening Integration will once again feature restorative yoga, offering a peaceful environment to realize that we do not walk alone.

Day 5

Hot Spring & Healing Waters

After descending from Koyasan (90min), our journey continues along the Kumano Kodo. This evening, we retreat to a historic Kumano Kodo hot spring (onsen) sanctuary. These soothing, mineral-rich waters have healed pilgrims at the end of the day after walking many hours on their paths for many centuries.

Day 6

Kumano Kodo

We will walk the forested trails toward Kumano's sacred shrines. We hike mindfully, pausing to listen to our guides' stories of local history and cultural insights. We conclude our pilgrimage with a final evening of integration, restorative yoga, and a deeply healing onsen soak.

Day 7

Majesty of Nachi Falls and Departure

Following breakfast, our final walking day (90min) brings us face-to-face with the breathtaking power of Nachi Falls. We rides our transportation mini bus back (3 hours) to Kansai International Airport (KIX) for your flight home or your onward journey in Japan, returning physically renewed and spiritually grounded.

Walking Comfort: To fully enjoy our moving meditation, guests should feel at ease walking up to 4 - 5 miles (6 - 8 km) across varied, uneven earth on two of our retreat days. We practice mindful pacing, allowing time to walk, breathe, and listen to our guides' stories of local history and cultural insights.