

DO YOU WANT TO EXPLORE THE JAPANESE ALPS AND GIVE YOUR BODY A GOOD TREAT?

OFFER YOURSELF AN UNIQUE EXPERIENCE IN THE BEAUTIFUL HAKUBA MOUNTAINS BY COMBINING A FOREST THERAPY HIKE AND 2 BODY TREATMENTS

2 NIGHTS AND 2 DAYS RETREAT
21TH -23TH MAY 2021



2 TREATMENTS / SHINRIN-YOKU
LODGING / ALL MEALS INCLUDED

55'000 JPY (INCL. 10% TAX)



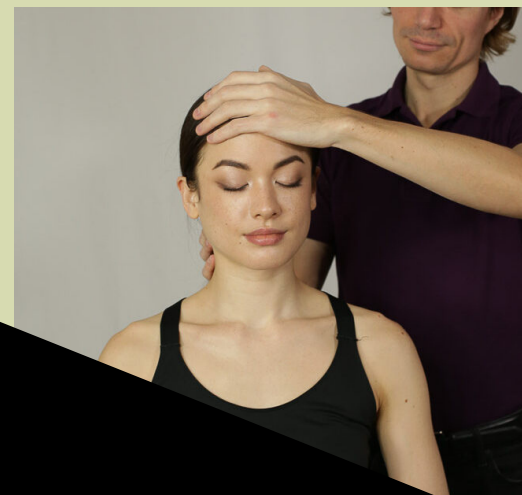
YOUR HOSTS

Geraldine, David and Miki san are hosting this event and sharing their knowledge of well-being.

Geraldine is born in the Swiss Alps, she has been attracted to outdoors since a little kid. Trained as a Forest Therapy guide in Japan, she will help you reconnect with nature using your five senses. This guided walk in the forest will boost your immune system and reduce stress.

David has been an osteopath in Japan for 10 years. During this retreat, he will focus on Biodynamic Energetic Osteopathy. Following the fundamental teaching of Dr. James Jealous. He uses magnetic energetic field as a tool to rebalance the body.

Miki his a local japanese masseuse. Trained with essential oils, she will use her techniques to reduce stress and muscle tension. Depending on your needs, she will select the right mix of essential oils to provide a full body massage. A great relaxation for your mind and body.



KODAMA 木霊

Ski-In / Ski-Out Lodge, Hakuba Valley, Japan

SHINRIN-YOKU & BODY CARE RETREAT

This program is especially customized for your well-being
Including a Forest Therapy Hike, Osteopathy and
Aromatherapy massages

Your body and mind will thank you after!



PROGRAM

Friday May 21th 2021

3 course dinner menu. 7:30 PM
Welcome talk

Saturday May 22th 2021

Western breakfast
Forest hike and Shinrin-Yoku practice
Lunch in nature
Osteopathy or Aromatherapy massage
3 course dinner menu. 7:30 PM

Sunday May 23 th 2021

Western breakfast
Osteopathy or Aromatherapy massage
BBQ/free time to relax
Check-out at 3PM

BOOKING

Contact us by email with the
number of participants

info@kodamalodge.com

www.kodamalodge.com/news



OPTIONAL

Private shuttle from Nagano to Kodama and return

To make the trip smoother, a private shuttle van will wait for you at **Nagano station** on the 21th at **6PM**.
Shinkansen from Tokyo Station at 15:52.
Arrival in Nagano at 17:42

Return on Sunday 23rd from Kodama lodge at 15:30.

Shinkansen from Nagano at 17:34.
Arrival in Tokyo station at 19:12.

5'000 JPY per person round trip.

Western double or twin with **private shower** 1'000 JPY extra per person per night.

Single occupancy in a double room + 7'500 JPY for 2 nights



CONDITIONS

MINIMUM 4 PARTICIPANTS /6 MAX

Price is per person in a double room / Tatami or Western with shared shower and toilets.
Single occupancy in a double room + 7'500JPY for 2 nights
Drinks not included. Bar with a variety of drinks and wine at Kodama Lodge.

30% will be asked at booking, non-refundable. Balance before May 7th 2021.

Bank transfer or credit cards (+3,5%)

Full refund if we have to cancel the weekend due to not enough participants.