

ARE YOU TIRED OF STAYING AT HOME AND WANT TO ESCAPE TO CATCH A FRESH BREEZE OF FREEDOM?

GIVE YOURSELF AN INSPIRING TREAT AMONGST WOMEN  
IN THE BEAUTIFUL HAKUBA MOUNTAINS

2 NIGHTS AND 2 DAYS RETREAT  
14TH - 16TH MAY / 11TH - 13TH JUNE



YOGA  
ONSEN  
COACHING  
MEDITATION  
SHINRIN-YOKU  
MOUNTAIN BIKE  
VEGETARIAN MEALS

53'500 JPY (INCL. 10% TAX)



YOUR HOSTS

Geraldine & Monika are hosting this retreat 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.

**Monika** has been practicing Yoga since her 20's and is a professional teacher since more than 10 years.

Her approach combines various styles of Yoga as well as different breathing and energy rebalancing techniques. Through her gentle way of teaching, you will experience a feeling of awareness, your true self & moments of bliss!

[monomisyyoga.com](http://monomisyyoga.com)



KODAMA 木雲

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

# WOMEN YOGA & SHINRIN-YOKU RETREAT

This program is especially customized for your well-being

All your senses will be nurtured, your body will detox, relax and renew. Moreover, you share this experience in a circle of women !



## PROGRAM

### Friday Evening

3 course vegetarian dinner. 7:30 PM  
Women circle welcome talk

### Saturday May 15th

Chakra Flow Yoga  
Western breakfast  
Forest hike and Shinrin-Yoku practice  
Vegetarian Lunch in nature  
Onsen in the woods  
Meditation / Self assessment coaching  
3 course vegetarian dinner

### Sunday May 16th

Chakra Flow Yoga  
Western breakfast  
Mountain Bike tour  
Vegetarian Lunch in Nature  
Check-out at 3PM

## BOOKING

Contact us by email with the  
number of participants

[info@kodamalodge.com](mailto:info@kodamalodge.com)



## 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 friday at **6PM**.  
Shinkansen from Tokyo Station at 15:52.  
Arrival in Nagano at 17:42

### Return on Sunday 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

ENG / FR / DE



## CONDITIONS

- Minimum 6 participants / 12 max
- Price is per person (shared double room)
- Tatami or Western with shared shower and toilets.
- Single occupancy in a double room + 7'500JPY for 2 nights
- Include rental mountain bike on sunday
- Drinks not included. Bar with a variety of drinks and wine at Kodama Lodge.

Full amount will be asked at booking. 50% refundable if cancellation 15 days before start date

Bank transfer or credit cards (+3,5%) are accepted for payment

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