

2026 Oki Do Yoga Tour

This tour invites participants to explore areas of cultural and spiritual significance in Japan and to immerse themselves in the world of Okido Yoga.

Okido is a syncretic style of yoga which explores Hatha Yoga, meridian therapy, postural alignment, Buddhist principles and traditional Chinese Medicine, as developed and integrated systematically by the founder, Masahiro Oki.

The first few days of this tour, we will be visiting the mountainous region of Nagano Prefecture. We will hike through the Togakushi shrines and participate in the morning ceremony at the famous Zenkoji Temple, a non-denominational Buddhist temple in Nagano city.

We will then go to Tokyo to practice yoga with the Ishii Family at their studio in Kanda. I find the Ishii's to have remarkable expertise in sotai (structural realignment), self massage, and strengthening and corrective exercises that help deepen asana practice.

The final days of the tour will have us travelling to Ito on the Izu Peninsula and participating in a Yoga retreat. The Ito retreat will involve restricted food intake, alongside corrective and purification exercises, asana, and philosophy.

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7 days 6 nights

Day 1 Tuesday 6 October We will meet at Ueno Station at 12pm and travel together via Shinkansen to Nagano city and will grab a bento box for lunch on our journey. There will be free time exploring Nagano city in the afternoon and we will stay the night at a traditional Japanese lodging and eat dinner together there. (It is recommended to arrive one or two days before to settle in and because most direct flights from the east coast of Australia arrive in the evening. If you would like to stay where we are staying beforehand, please let me know).

Dinner included.

Day 2 Wednesday 7 October We will participate in the early morning service at Zenkoji Temple, have breakfast at the Shukubo, and then travel to Togakushi. Hike through the Togakushi shrines and eat soba for lunch. Return to our accommodation and eat dinner together there.

Breakfast, lunch and dinner included.

Day 3 Thursday 8 October Breakfast at our accommodation, check out, and catch the train back to Tokyo. We will grab another bento box for our trip on the train. Check into

our Tokyo accommodation and there will be an option to join a Family Yoga class at 6:30pm. Free time in the evening.

Breakfast included.

Day 4 Friday 9 October Breakfast together at the hotel and we will join in yoga classes at Family Yoga. On Friday there are four classes throughout the day and evening to choose from. Those attending the yoga classes are free to arrange their own lunch and dinner options.

Breakfast included.

Day 5 Saturday 10 October Breakfast together at the hotel, checkout and travel to Ito. We will have lunch together in Ito and visit Tokaikan (Traditional onsen museum with tea house). We will check in to the yoga retreat at 3pm and begin Danjiki (a period of training based on yogic purification, which involves a period of fasting and a restricted diet [vegan food]).

Breakfast and lunch included. Restricted food intake commences from 3pm.

Day 6 Sunday 11 October Ito yoga retreat all day.

Restricted food intake all day.

Day 7 Monday 12 October Last day of Ito yoga retreat. Finish at 1.30pm. Say farewells and travel back home or continue on with your travels.

Restricted food intake finishes from 1.30pm.

Included

- 6 nights accommodation in modern hotels (western beds), traditional Japanese lodgings (futons), and the Ito retreat house (futons).
- 4 breakfasts, 2 lunches, 2 dinners, and restricted food intake during the retreat*
- Admission to Zenkoji's inner sanctuary
- Admission to Tokaikan
- A 4 class yoga pass with Family Yoga, Tokyo (option to have a monthly yoga pass if you choose to arrive earlier or stay on after the retreat)
- Yoga retreat in Ito
- Train travel

**Please note that during the retreat there will only be a drink provided in the morning and restricted meals that are vegan for lunch and dinner.*

Not included

Airfares, airport transfers, travel insurance, visas, drinks and snacks, alcohol, transport during free time, personal expenses.

Cost

Early Bird option when you pay your \$500 deposit by **30 April**:

Shared (per person)

Early Bird: \$2,350 AUD

Full price: \$2,550 AUD

Single

Early Bird: \$2,700 AUD

Full Price: \$2,900 AUD

How to confirm your place

Please email me with the following information and any other questions that you may have:

- Full name (as is written on your passport).
- Mobile number (and if you would be ok if I added you to a travel Whatsapp group).
- City & country.
- Emergency contact
- What is your experience of Okido Yoga?
- What is your current and past yoga experience?
- Have you travelled to Japan before?
- Any medical or physical conditions that would be important for me to know of (confidential).
- Food intolerances or allergies.
- Single or shared room preference.

Payment

Please make a deposit of \$500 by **31 May 2026** (or 30 April for early bird discount) to confirm your place. The final balance is due **30 June 2026** and you can pay in installments if that works better for you.

Bank account details:

- Name: Cieon Hilton
- Bank: Heritage Bank
- BSB: 638-080
- ACC: 8325243

By registering, you have agreed to the terms and conditions and waiver of liability below.

Terms and Conditions

Cancellations: Cancellations made before **6 August 2026** are eligible for a refund minus a \$100 administrative fee. Cancellations made after this date are non-refundable, unless the participant is able to arrange a suitable replacement.

In the event that the organiser cancels the tour for any reason, participants will be entitled to a full refund of all monies paid, excluding any third-party costs already incurred where permitted by law.

If the tour is unable to proceed due to events outside our control (including but not limited to natural disasters, government restrictions, or force majeure events), we will offer a credit or full refund.

Travel Insurance: All participants are required to obtain comprehensive travel insurance covering medical expenses, personal injury, trip cancellation, and personal belongings.

Travel Itinerary: Our intention is to create a memorable and enriching experience. However, we may make reasonable adjustments to the itinerary where necessary due to weather, safety considerations, or practical requirements.

Disclaimer: While we take reasonable care to ensure that the tour is conducted in a safe and responsible manner, participants acknowledge that yoga, hiking, and travel activities involve some level of inherent risks.

To the extent permitted by law, we exclude liability for injury, loss, or damage arising from risks inherent to these activities. However, nothing in these terms excludes or limits liability for negligence or any rights which cannot be excluded under applicable law.

Waiver of Liability

1. I acknowledge that yoga and tour activities may involve physical exertion, including walking and hiking. I confirm that I am medically and physically able to participate and, where appropriate, have sought advice from a healthcare professional.
2. I agree to share any relevant medical conditions, injuries, or limitations with the organiser prior to the tour and to keep them informed of any changes to my health.
3. To the extent permitted by law, I agree to release and hold harmless Cieon Hilton, Family Yoga, and their employees from any claims arising from my participation in the tour, except where such claims arise from negligence, breach of statutory guarantees, or other liabilities which cannot be excluded under law.
4. I understand that I participate in the tour at my own risk and take responsibility for my personal belongings. We are not responsible for loss or theft of personal items except where caused by our negligence.
5. I confirm that I have obtained, or will obtain, appropriate travel insurance to cover medical expenses, cancellations, and personal belongings.