

## Booking Form

(This paper form is to be used when you cannot make an on-line booking. In order to book on-line, please visit [www.okidoyoga.org.uk/retreat.php](http://www.okidoyoga.org.uk/retreat.php))

Having read all contents of this brochure, I would like to book 'Okido Yoga Autumn Retreat 2019' with a deposit of £30, which will be non-refundable after 10 September 2019, and I will pay the balance on arrival at the retreat.

Name:

(If you are a regular participant, you can omit Address, Tel, or Email unless there is any change.)

Address:

Tel:

E-mail:

Experience of Okido Yoga

Where:

From whom:

Date:

Signature:

## Important Notes

! If you have any physical or mental conditions that require medical attention and would like to participate, please do so on your doctor's advice.

! We cannot provide individual assistance for people with special needs. Please consult us if this applies to you and you would like to participate accompanied by your own helper, who also attends and pays for the course as a participant.

! We reserve the right to cancel the retreat with full refund of your deposit if there are only a few bookings at the time of one month prior to the seminar (25 September 2019).

**Booking** Please book on-line or with the paper form on the left. We will send confirmation of your booking when it's received, and send further information in mid-September 2019. If you cancel by 10 Sept 2019, your deposit will be refunded after deduction of £5 of a handling fee (plus any foreign bank transfer fee). After that, the deposit will be non-refundable but transferable to someone appropriate with our agreement.

### On-line booking

[www.okidoyoga.org.uk/retreat.php](http://www.okidoyoga.org.uk/retreat.php)

### Paper form & cheque

Please use one form (left) per person, make a cheque payable to

**Okido Natural Health Education Trust Ltd** and send them to the address below.

### All correspondences to:

Okido Natural Health Education Trust Ltd  
Teacher's Office, 196 Great Elms Road,  
Hemel Hempstead, Herts. HP3 9UJ, UK

Tel: +44-1442-260601

E-mail: [contact@okidoyoga.org.uk](mailto:contact@okidoyoga.org.uk)

[www.okidoyoga.org.uk](http://www.okidoyoga.org.uk)

OKIDO NATURAL HEALTH  
EDUCATION TRUST LTD

presents an

## OKIDO YOGA AUTUMN RETREAT

Rickmansworth  
35 minutes from  
Central London



October 2019  
25<sup>th</sup> ~ 27<sup>th</sup>

from Fri.18:00 till Sun.16:00

## Location

Loudwater Farm  
Loudwater Lane, Rickmansworth,  
Hertfordshire WD3 4HG (UK)

Loudwater Farm lies in the beautiful valley of the River Chess, 35 minutes from Central London. To know the place more including how to get there, please visit [www.loudwaterfarm.co.uk](http://www.loudwaterfarm.co.uk)

**Okido Yoga**, founded by a Japanese master, Masahiro Oki, is based on the belief that true knowledge comes from an awakening of deep personal inner wisdom and that this can only be gained through individual experience of the natural laws of *Change, Balance and Stability*. Its practice addresses four aspects of human development - diet, breath, movement and mind-heart, whilst considering life holistically. It also emphasizes the importance of learning to work with and for others as it is not possible to create a balanced life that does not include harmonious and caring interaction within society. Its teachings are understandable and practical in the modern way of life. Okido Yoga is neutral from any religious group, and yet respects one and all beings.

**This Course** is an intensive yoga residential course, aiming at an enjoyable experience of the essence of Okido Yoga: Co-Existence, Co-Happiness. Okido Yoga UK has been offering yoga residential courses with this spirit since 1986.

## Feedback from Previous Courses

[www.okidoyoga.org.uk/retreat\\_students\\_feedback.pdf](http://www.okidoyoga.org.uk/retreat_students_feedback.pdf)



## Activities & Exercises

Morning Exercises & Chanting, Morning walking or Jogging, Purification Exercises, Hara-strengthening Exercises & Dynamic Games, Corrective Exercises, Posture, Asana, Pranayama, Massage, Compress, Philosophy, Discussion, Meditation, etc. Typical Structure of a day: 6:30 waking-up, 9:00 breakfast, 10:00 morning lessons, 13:00 lunch, 15:00 afternoon lessons, 19:00 supper, 20:30 treatment, 22:00 sleep.

## Space & Accommodation

The course can accept up to 13 students. Bedrooms are single and twin rooms, as well as spacious dormitories.

**Food** Taking nutrition is practice to learn to listen to the life force. In order to develop a sense of what nurtures us and what's not suitable to us as well as to respect other life forms, we serve balanced, varied and international vegan menus. All ingredients are organic whenever possible.

## Cost £285

No partial participation will be accepted except in special circumstances of those who have attended before. A concession (maximum 20% discount) can be discussed by application. If applying, please write why you need a concession.

## Teachers & Staff as planned

Tomoko Mori, Michael Cullingworth, and Junko Furugori

