

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.html)

Having read all contents of this brochure, I would like to book 'Okido Yoga Autumn Retreat 2018' with a deposit of £30, which will be non-refundable after 10 September, and I will pay the balance on arrival at the retreat.

Name:

(If you are a regular participant, you can omit Address, Tel. or E-mail. 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 (26 September 2018).

Booking Please book on-line or using the paper form, as detailed left. We will send confirmation of your booking when it's received and will send detailed information in mid-September 2018. If you cancel by 10 September 2018, your deposit will be refunded after deduction of £5 of a handling fee (plus a 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.html

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, Hertfordshire, HP3 9UJ (UK)

Tel: +44-1442-260601

E-mail: tomokosyoga@hotmail.com

www.okidoyoga.org.uk

OKIDO NATURAL HEALTH
EDUCATION TRUST LTD

presents an

OKIDO YOGA AUTUMN RETREAT

Rickmansworth
35 minutes from
Central London



October 2018
26th ~ 28th

from Fri.6 pm till Sun.4 pm

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. The farm, which used to be a dairy farm until 1950s, has been owned by a charity since 1960s and is now purely offering spaces for events. To know the place more including how to get there, please visit

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.



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 £280

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
Trish Dent



**Doubt not, Believe not, but Experience
Force not, Waste not, but Continue**

