

## Okido yoga training

Tomoko Mori a.o.

22 - 27 July 2018, Westmalle, Belgium



A week for people who are looking to bring more harmony between mind and body and encounter life force with refreshed creative motivation. A unique opportunity for body workers, yoga students and teachers to experience and learn how an integrated view works. We are aiming to offer an intensive, yet amiable way for you to reflect upon your daily routine on both physical and mental levels, then to become self-responsible both happily and creatively and to become more harmonious with other people.

Okido Yoga, founded by a Japanese master, Masahiro Oki, is a comprehensive and modern version of classic yoga combined with the Japanese Zen tradition. Practice of Okido Yoga approaches to diet, breath, movement, mind-heart, and interaction with other people, considering life holistically.

According to Oki sensei, three keys of yoga practice are: Natural State of Body, Natural State of Mind, and Coordinated Breathing. With the important motto: Force Not, Waste Not, but Continue. He explained about four essential points to keep a natural state of body, which are: Keep your muscles flexible, Keep your spine stretched, Keep your breath deep, and Keep your blood clean. For our mind-heart, he said: comparing with other animals, only human beings have a good conscience; so-called Buddha nature, or holy nature. This is nature of human being as much as we can acknowledge our spontaneous desires and emotions are natural ones. So, we are to cultivate our own ways to transform desires and emotions to positive ones so that these can be helpful for our development, as he explained this view by his casual words in 'Last Lectures'.





**Teachers:**

Tomoko Mori and Jan Vervecken, assistant Bert Lambrechts

**Programme** 7.15 – 8.00 a.m.

- Morning exercises: do-in, chanting, meridian stretching, qi-gong.
- Breakfast at 8.00 a.m.

9.00 – 12.00 p.m. :

- Jokaho : purification exercises
- Pranayama: breathing exercises
- Asana: yoga poses
- Kyokaho: hara strengthening exercises and dynamic games

Lunch: 3.00 – 6.00 p.m. :

- Meridian exercises, stretching, dance, group discussion, herbal walk, make some lovely snacks (sushi)
- Shusei Taiso and Asana: corrective exercises, posture and yoga poses
- Meditation
- Dinner

8.0 – 9.30 p.m. : Relaxing time: ginger compresses or ginger oil massage, group discussion, walking, moxa, or shiatsu ...



*Tomoko in the Dojo, and relaxing in the garden!*

All above Okido Yoga physical exercises are designed to correct imbalance, coordinate breathing and movement, and focus strength on the centre of gravity (hara) as bringing softness in the upper body. The exercises take forms as individual, with a partner or working in a group. Whether dynamic or static, they help recreating a stable physical condition and leading to comfort of relaxation or meditation.

**Teachers:** Tomoko Mori (JP)

Tomoko (°1954) studied in Mishima Dojo under Masahiro Oki Sensei 1980-1984, and in 1984 started her life in the United Kingdom, working for Okido Yoga activities. Since then, she has been searching her teaching ways and gradually developing her subtle yet deeply-penetrating ways. She approaches to Okido Yoga practical philosophy using various physical exercises. Conversely, she stresses that the Okido Yoga practical philosophy, when put into practice, enhances effects of these physical exercises. Tomoko is the principal teacher of Okido Natural Health Education Trust Ltd, a UK-based charitable organization ([www.okidoyoga.org.uk](http://www.okidoyoga.org.uk)). Before entering Okido Yoga, she studied geography and mathematics at Japanese universities. She lives in England and has raised four children.

Jan Vervecken: Wellknown shiatsu teacher, who has trained in Mishima Dojo. His morning exercises, chanting and Qi-gong will refresh you instantly

Bert Lambrechts (B) has been practicing yoga for 5 years and is known for his kindness and dynamic energy!

**Practical details** Arrival : Sunday at 2.00 p.m.  
Departure: Friday 5.0 p.m.

**Costs:**

- 525 euro, full board, all lessons, tea in a 4- bedroom, pipowagon or your own tent
- 495 euro, if paid before June 1st
- 465 euro for your partner or child, if paid before June \* 450 euro without accommodation

Private rooms: + 100 euro, ask for info

Please call us : + 323 309 17 02, ask for Mieke or mail us at [info@issshiatsu.be](mailto:info@issshiatsu.be)

**Last year's reviews** Have a look at a review of our Okido Yoga week

<http://www.okidoyoga.org.uk/news7.html>

***Voices from the participants last year:***

“An intense and special week with beautiful people. It opened up my heart and mind. This experience will stay for a long time in my heart.”

“The Okido Yoga week in Antwerp was my first experience with yoga. Working with the different teachers was a special experience. Ingrid’s lessons were physically the hardest because they asked great body and muscle control and we practiced for a long time around the same area in the body. With my stiffness and unrest in body and mind, this was a challenge. Bert’s exercises gave me lots of useful tips on a flexible mindset and posture in stress situations. Tomoko’s lessons gave me confidence in my own abilities and accepting my limitations. Through her exercises I could experience the importance of proper posture (balance) and the use of breathing to face my limits. Her supporting explanations and

wisdom – three keys, motto in practicing yoga, the choice of yes / no / let me think, balance – loosened a lot in me. I am sure that I will use these principles in my life. I am convinced they will help me. I am therefore very grateful to you all!

I will continue practicing Okido Yoga, something I never thought in the beginning of this week. THANK YOU SO MUCH !!! ”

“I experienced much more than I had expected. I am very happy to have attended the course, and feel grateful to all teachers, other participants and all that worked behind scenes. Something reached my deepest core. ”

” I have attended Okido Yoga courses before. I thought the atmosphere was familiar. But, as the days progressed, I found this was very different from the past ones as each would be so. Some lessons were very difficult, but I found myself enjoying the challenges, which brought a new discovery in me. It was a wonderful encounter with all that participated. See you again at another time. “



*Lunch on the terrace, a meal, the dorm upstairs, and the cook!*

### **Internationale Shiatsu School**

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