

Tomoko Mori – Profile

日本語の紹介文はページの一番下をご覧ください。

Born in 1954 and having grown up in Japan, I studied geography and mathematics at two Japanese universities. Although I didn't use these qualifications in my career, these two subjects are symbolic of my preferred way of thinking and viewing: human and abstract, horizontal and vertical. As a student, I read a book written by Master Masahiro Oki, one of the most well-known Japanese yogis. He was a distinctive teacher-healer-philosopher and the originator of a very individual system of yoga, known as Okido Yoga, 'Yoga in Oki's way'. After completing profound disciplines in many fields, he had founded the International Oki Yoga Institute (We call it as Mishima Dojo) in Mishima, Japan, in 1967. I started attending this place in 1978 while I was still a student.



After graduation and a period of teaching at high schools, I entered a residential apprenticeship under Master Oki and studied yoga there between 1980 – 1984, with many colleagues. He used to say 'Eating from the same pot is the base line of Okido Yoga.' It is so true because I still feel brother/sisterhood with those who I thus shared time and space together with and have not seen for more than 35 years, no matter how different everybody's personality is. When I studied in Mishima Dojo, it was running under a non-stop 'live and learn' system, for 24 / 7 / 365(366). There was no structural syllabus in this learning style. Here I really learned that Okido Yoga is life-style yoga.



I attended lessons and lectures given by the master, senior staff and occasional guest teachers. I also learned by assisting their lessons and working together with the staff members. For his students to develop wider views, Master Oki invited many guest teachers. Some of them were internationally well-known teachers including B.K.S. Iyengar of Yoga, Nathmal Tatia of Jaina Philosophy, and masters of Japanese Dō-arts.

Then the master suggested that I should work for a newly-founded Okido Yoga charitable company in the UK. So I came over to the UK in May 1984 and ever since I have been teaching under this charitable organisation, Okido Natural Health Education Trust Ltd.

I have raised four children during this period.

I am a certified teacher of the British Wheel of Yoga, the largest yoga membership organisation in the UK. Also in March 2020, I completed a teacher training course of 'Bones for Life' developed by Ruthy Alon. Gradually I feel I am growing as my heart guides.



*What more
will come ?*

森朝子（もり・ともこ）1954年岡山県生まれ。お茶の水女子大学（地理学科）大阪大学（数学科）卒。学生時代に沖正弘導師の本を読み体験、1年教職を務めた後1980-1984年、静岡県三島市の沖ヨガ修道場にて、住み込み奉仕生・研修生として、沖導師の下ヨガを学ぶ。沖導師の提案により、イギリスで新たに設立されたチャリティー団体（日本のNPOに相当）Okido Natural Health Education Trust Ltdで働くため、1984年渡英。以来、この法人の下で沖ヨガ活動を続けて現在にいたる。オランダ・ラーレン道場、ベルギー・ISSへは毎年出張指導している。日本では一時帰国の際、セミナーを開催。オンライン・レッスン、ブログでも発信し、フェイスブックページ「Okido Yoga Gathering」を主催。いずれも沖道ヨガを学ぶ人達の国際的交流を目指す。3男1女の母。イギリスで最大のヨガ会員組織である、ブリテッシュ・ウィール・オブ・ヨガ（The British Wheel Of Yoga）のヨガ教師の免状を有す。イギリス沖道ヨガのホームページ：www.okidoyoga.org.uk（日本語でのブログページ有）

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