

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. 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 Oki Yoga or Okido Yoga, 'Yoga in Oki's way', as *dō* means a way for searching for truth in life. Based on profound disciplines in many fields, he had founded the International Oki Yoga Institute (We call it as Mishima Dōjō) in 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 between 1980 and 1984, sharing daily life with many colleagues. He used to say 'Eating from the same pot is the base line of Okido Yoga.'



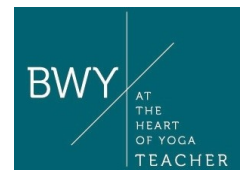
When I studied in Mishima Dōjō, it was running under a non-stop 'live and learn' system, for 24 / 7 / 365(366). There was no structural syllabus in this learning style. Here I learned that the essence of Okido Yoga is life-style yoga. I attended lessons and lectures given by the master, senior staff members and occasional guest teachers. I also learned by assisting their lessons and working together with colleagues. For his students to develop wider perspectives, 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.



The master appointed me to work for an English charitable company, Okiro Natural Health Education Trust Ltd (known as Okido Yoga UK). I arrived in the UK in May 1984. Since then, I did all my yoga activities under this charitable company and retired from employment at the end of August 2022. Ltd has been converted to CIO since 29 August 2023. I am now a trustee of this charity, contributing occasional workshops, educational web-articles and administrative work. Please contact me for this work: contact@okidoyoga.org.uk

I give yoga weekly lessons in a personal, small capacity. Contact for these lessons: tomoko@my-okidoyoga.com

I am hosting a Facebook page 'Okido Yoga Gathering', promoting international communication among Okido Yoga learners. I am a certified teacher of the British Wheel of Yoga, the largest yoga membership organisation in the UK.



森朝子（もり・ともこ） 1954 年岡山県生まれ。学生時代に沖正弘導師の本を読み、三島道場生活を数度体験。1 年間教職を務めた後、1980—1984 年、静岡県三島市の沖ヨガ修道場に住み込みで、沖導師の下ヨガを学ぶ。沖導師の任命により、イギリスで当時新たに設立されたチャリティー法人 Okido Natural Health Education Trust Ltd（通称イギリス沖道ヨガ）で働くため、1984 年 5 月渡英。以来、同法人の下で沖ヨガ活動が続け、2022 年 8 月をもって退職。現在は同法人（2023 年 8 月 Ltd から CIO へ転向）の一理事で、時折のワークショップ、ブログ記事、事務を担当。ブログ記事では、日本語と英語で沖導師の哲学を紹介している。2024 年沖正弘導師の本「生活ヨガ入門」を英訳し、「A Gateway to Daily Life Yoga」として同法人が出版。また自営での小規模なヨガ活動をおこなっており、英語での一般クラス、及び、日本語でのオンライン・ワークショップ（毎月 1 回）を提供。折々 NP0 法人沖ヨガ協会の講師としてセミナー指導。フェイスブックページ Okido Yoga Gathering を主催。イギリスで最大のヨガ会員組織である、ブリティッシュ・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（日本語のブログページ有）

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