

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 2017' with a deposit of £60, which will be non-refundable after 20 Sep 2017, 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 this retreat with full refund if there are only a few bookings at the time of 10 days prior to the seminar (10 Oct 2017).

Booking We can only accept 13 participants. Please book in advance. Confirmation of booking will be sent when your booking is received, and detailed information will be sent in Aug -Sep 2017. When you cancel your booking by 20 Sep 2017, the deposit will be refunded after deduction of £10 as a handling fee. If you cancel after that, the deposit is non-refundable, but transferable to someone appropriate with our agreement.

On-line booking & bank transfer

www.okidoyoga.org.uk/retreat.html

Sort-Code: 60-15-33, Account Number: 50977423

Name: Okido Natural Health Education Trust Ltd

IBAN: GB55NWBK60153350977423

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

Forest of Dean
Gloucestershire



October 2017
20th ~ 23rd

from Fri.6 pm till Mon.2 pm

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. We did many retreats in Suffolk. Since 2016 we have been taking the same spirit to a new location.



Location

Ragman's Lane Farm, Lydbrook,
Gloucestershire, GL17 9DA, England

The farm is nestled in the Wye Valley on the edge of the Forest of Dean in an Area of outstanding natural beauty. An hour from Bristol, Birmingham and Cardiff, Ragmans is the perfect place to get away from the hustle and bustle of daily life. Please check the place via www.ragmans.co.uk



Activities & Exercises

Morning Exercises & Chanting, Country 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.

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



Accommodation

Separate dormitories for men and women

Cost **£335**

No partial participation will be accepted except special circumstances. 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, Junko Maria Furugori,
Patricia Dent and Anna Mackenzie

Reports & Photos of the past courses

Please visit

www.okidoyoga.org.uk/news.html

Some students' voices from the past courses

- The programme was very nice, diverse and well balanced. Every teacher has her/his own way of teaching. Every day was different and interesting.
- I loved the approach: clear and calm explanation, and all sessions were linked with one another.
- I feel energetic and stable inside.

