



Yoga/Ski Adventure Japan

19 - 25 January 2020

Jyoteeka and Olivia are pleased to be able to invite you to an all-inclusive week of yoga, Skiing and Sightseeing in Hakuba, a ski resort, 270km west of Tokyo. Come to enjoy a week of relaxation and fun at this amazing winter retreat! This is a great opportunity to have some new experiences and make some new friends. Grab a friend or come by yourself. We will cater for all levels of ski and yoga abilities!

We will organise everything for you from your pick up from Tokyo airport to your buses to the ski fields and your daily yoga practice!



Jyoteeka is a certified JI3 Iyengar Yoga teacher who has taught at "Yoga On the Square" in Palmerston since 2004. Jyoteeka started with a background in meditation before her study in the practice of Iyengar Yoga. She is interested in helping people discover how yoga can support them in their day to day life. She will be offering a morning yoga class each day in a fully equipped yoga room.



Olivia has spent the last 5 years working on Ski fields in New Zealand, Canada and Japan. She is currently completing a BSc degree in health psychology and studying to become a Yoga teacher. She is an excellent Ski Guide and coach and will help us find our way around the Resort, offer ski lessons and guided tours of the area. Olivia is a qualified ski instructor through NZSIA.

Our Venue



Hakuba, is located at the base of the Japanese Alps, offers a breathtaking panoramic view, an array of outdoor activities, and natural hot spring baths or “Onsen” that is perfect for both physical and mental relaxation.

Our Hotel is conveniently situated in the heart of Hakuba. We will be staying at the Shakespeare Hotel which is a stylish and comfortable, well located hotel, with a fully equipped Yoga room. The rooms are Queen or Twin with ensuite. There are newly refurbished rooms or older style rooms to meet everyone’s budget. The shuttle to the 10 possible ski fields is next to the hotel. Choose your own times and fields to go skiing on.

Breakfast and three group evening meals are included in the price of the package. This also leaves you free to explore the local eateries of which there are many available.

Day trips available

**Day trip to see
the Snow
Monkeys**



**Matsumoto
Castle**



**Nagano Temple
and gardens**



Details of the Package

**7 nights accomodation in
central Hakuba**

**Daily Breakfast and 3 group
evening meals**

**5 day Hakuba Valley Lift
ticket (valid at 10 ski areas)**

Ski Hire for 5 days

Daily Yoga classes

**Ski lessons for beginners
for 3 or more days**

**For experienced skiers -
guided tours to the inter-
esting areas over the 10
possible ski fields.**

**(Price will reduce if you
have your own skis)**



Cost of Package

Share twin - \$2,879 NZ

Single room - please add \$490 to package

Share twin - older style budget room - \$2,599NZ

Please pay into account- 06-0729-0386462-02 J. Cummings

Extra costs

Flights to Japan

Shuttle from Tokyo to Hakuba - \$85 each way

Bringing your own skis - We can help you organise a

Blackcat Bag which will save time and stress for

moving your skis.

Small shuttle cost to get to some of the ski fields.

Lunches and 3 or 4 evening meals

Any day trips

Expressions of interest should be made to Jyoteeka.
Please email jyoteeka@hotmail.com

***Transferable deposit to secure your place of \$500 should be paid by
1 July 2019. Full Payment due 1 December 2019***

Terms and Conditions:

Deposits are transferable to use at Yoga on the Square for classes or another retreat. The balance of the retreat is due in full by 1 December and cancellations cannot be refunded after this date. We recommend that you purchase Travel insurance. Flights and meeting the shuttles at the designated times will be your responsibility.