



Yoga Hub Club

# Zen Retreat in Modern Japan

This retreat will guide you through the heart of Japan — from the ancient capitals of Kamakura, Kyoto, and Nara to the mountain monasteries of Koyasan and Minobusan. It is in these sacred places that you will connect with Zen practices that have been passed down from master to student for centuries.

**So that you feel confident and free**

here is a basic checklist, where it is indicated what to take with you:

## Basic Checklist:

- Comfortable clothing for practices and travel
- Yoga mat
- Notebook and pen for notes and observations
- Good mood and openness to new experiences





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# DAILY SCHEDULE IN THE RETREAT



06.30–8.00

Morning cleansing practices, yoga, pranayama, meditation

08.30–09.30

Breakfast

10.00–17.00

Walks / Excursions / Rest / Spiritual meetings / Lunch

17.00–20.00

Yin Yoga / Meditation / Dinner

20.00–21.00

Om Mantra / Relaxation practices

21.30–06 00

Sleep

