



RECONNECT.
REJUVENATE.
RENEW.



5 NIGHTS / 6 DAYS

LUXURY WELLNESS RETREAT

— *Kyoto, Japan* —

AT RIHGA ROYAL HOTEL KYOTO

A HARMONIOUS BLEND OF
ANCIENT YOGIC WISDOM AND
TRADITIONAL JAPANESE CULTURE



A JOURNEY
WITHIN,
AN EXPERIENCE
BEYOND



Daily Yoga & Mindfulness

Hatha, Vinyasa, Yin Yoga, Meditation & Pranayama
for all levels



Luxury Accommodation

Stay at RIHGA Royal Hotel Kyoto
where comfort meets Japanese elegance

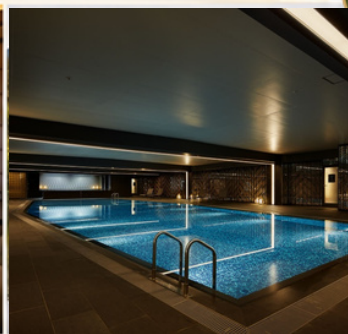
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BEYOND



Escape to the serene beauty of Kyoto for a transformative 5-night wellness journey. Rejuvenate your body, calm your mind, and uplift your spirit with daily yoga, mindfulness practices, cultural experiences, and luxurious comfort.

Return home
refreshed, inspired
& renewed.



DAILY YOGA
Hatha, Vinyasa,
Yin & Restorative
Yoga for all
levels



**MEDITATION &
MINDFULNESS**
Guided Meditation,
Pranayama &
mindfulness
practices



**JAPANESE
WELLNESS**
Onsen (hot spring)
relaxation & holistic
self-care rituals



**NOURISHING
CUISINE**
Healthy gourmet
meals with fresh,
seasonal & locally
sourced ingredients



**CULTURAL
EXPLORATION**
Guided visits to Zen
temples, shrines,
gardens, bamboo
forests & more



**SOUND HEALING
& DEEP RELAXATION**
Evening sound healing,
Yoga Nidra & deep
relaxation sessions



**SELF-REFLECTION
& GROWTH**
Journaling, silence,
mindful nature
walks & personal
reflection time



**SMALL GROUP
EXPERIENCE**
Personalized
guidance in an
intimate & supportive
environment

RETREAT HIGHLIGHTS

- Luxury accommodation in the heart of Kyoto
- Daily yoga, meditation & mindfulness sessions
- Traditional Japanese wellness experiences
- Workshops on stress management, mindful living & yogic lifestyle
- Digital detox environment for deep rest & meaningful connection
- Free time to explore Kyoto's historic districts, artisan shops, tea houses & cultural landmarks
- A perfect balance of wellness, culture, relaxation & adventure

WHAT'S INCLUDED

- ✓ 5 nights luxury accommodation
- ✓ Daily yoga & meditation sessions
- ✓ All meals (breakfast, lunch & dinner)
- ✓ Wellness workshops & activities
- ✓ Onsen experience
- ✓ Guided cultural excursions
- ✓ Sound healing & Yoga Nidra
- ✓ Retreat welcome gift
- ✓ Support from experienced instructors

EXPERIENCE KYOTO



Fushimi Inari Shrine



Arashiyama Bamboo Forest



Kinkaku-ji (Golden Pavilion)



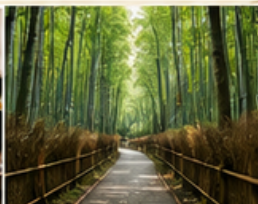
Zen Gardens & Temples



Traditional Tea Ceremony



Gion District & Local Markets



THIS RETREAT IS FOR YOU IF YOU SEEK:



- Inner peace & clarity
- Physical rejuvenation
- Cultural immersion
- A break from the everyday
- Personal growth & transformation

YOUR JOURNEY TO WELLNESS
AWAITS YOU IN KYOTO
BOOK YOUR SPOT TODAY



ARRIVE
INSPIRED



LEAVE LIVE



MINDFULLY
TRANSFORMED



Om Yoga
INTERNATIONAL



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Why Kyoto?



Kyoto is the cultural and spiritual heart of Japan—a city where centuries-old traditions blend seamlessly with modern elegance. Once the imperial capital of Japan for over 1,000 years, Kyoto is renowned for its breathtaking temples, tranquil Zen gardens, bamboo forests, and timeless architecture, making it one of the world's most inspiring destinations for wellness and self-discovery.

Surrounded by nature and steeped in mindfulness, Kyoto offers the perfect environment to slow down, reconnect with yourself, and experience inner peace. The city's serene atmosphere encourages reflection, balance, and personal transformation, creating an ideal setting for yoga, meditation, and holistic well-being. During your retreat, you'll have the opportunity to explore some of Kyoto's most iconic landmarks, including ancient Buddhist temples, Shinto shrines, traditional tea houses, peaceful Japanese gardens, and the famous Arashiyama Bamboo Grove. Every corner of Kyoto reflects harmony, simplicity, and respect for nature—values that beautifully complement the philosophy of yoga.

Kyoto is also celebrated for its refined cuisine, seasonal ingredients, traditional tea culture, and exceptional hospitality. These elements enhance your wellness journey by offering nourishing experiences for both body and mind.

At the luxurious RIHGA Royal Hotel Kyoto, you'll enjoy world-class comfort while remaining close to the city's cultural treasures. From morning yoga sessions and mindful walks to relaxing wellness experiences and authentic Japanese traditions, every moment is designed to inspire balance and renewal.

Why You'll Love Kyoto

- Discover one of the world's most beautiful and culturally rich cities.
- Practice yoga and meditation in an atmosphere of peace and serenity.
- Visit UNESCO World Heritage temples, shrines, and Zen gardens.
- Experience the tranquility of the famous Arashiyama Bamboo Grove.
- Enjoy authentic Japanese tea ceremonies and cultural traditions.
- Savor healthy, seasonal Japanese cuisine prepared with fresh local ingredients.
- Relax with traditional Japanese wellness experiences, including onsen-inspired relaxation.
- Wander through historic districts, artisan markets, and charming tea houses.
- Immerse yourself in nature with mindful walks and breathtaking scenery.
- Return home inspired by the harmony, beauty, and timeless wisdom of Kyoto.

Kyoto is more than a destination—it is an experience of peace, culture, and transformation. Let its timeless beauty guide you on a journey of wellness, mindfulness, and inner renewal.

Luxury Accommodation



Experience the perfect blend of modern luxury, timeless elegance, and traditional Japanese hospitality at the prestigious RIHGA Royal Hotel Kyoto. Ideally located just minutes from Kyoto Station, this renowned luxury hotel offers an exceptional retreat

Your spacious guest room has been designed to promote rest and rejuvenation,

featuring:

- Premium king, queen, or twin bedding
- Spacious and elegantly furnished interiors
- Air-conditioning and climate control
- Complimentary high-speed Wi-Fi
- Flat-screen Smart TV
- Mini refrigerator and electric kettle
- In-room safe
- Luxury bathroom with premium amenities
- Plush bathrobes and slippers
- Hairdryer and complimentary toiletries
- Daily housekeeping service
- Indoor heated swimming pool
- Fully equipped fitness centre
- Sauna and relaxation facilities
- Beautiful lobby lounge
- Elegant café and bar
- 24-hour front desk and concierge service
- Business centre
- Luggage storage
- Laundry services
- Complimentary Wi-Fi throughout the hotel
- On-site parking
- Complimentary shuttle service between Kyoto Station and the hotel



Sightseeing Destinations: Kyoto, Osaka, Nara



Kyoto Highlights

- * Fushimi Inari Taisha – Walk through thousands of iconic vermilion torii gates.
- * Kinkaku-ji – The famous Golden Pavilion surrounded by tranquil gardens.
- * Arashiyama Bamboo Grove – Peaceful bamboo forest and scenic riverside.
- * Kiyomizu-dera – Historic temple with panoramic views over Kyoto.
- * Gion – Traditional geisha district with charming wooden streets.
- * Nishiki Market – Discover authentic Japanese cuisine and local specialties.



Nara Excursion

- * Nara Park – Meet the famous free-roaming sacred deer.
- * Tōdai-ji – Home to Japan's Great Buddha and one of the world's largest wooden temples.
- * Kasuga Taisha – Beautiful Shinto shrine lined with thousands of lanterns.

Osaka Experience

- * Osaka Castle – One of Japan's most celebrated historic castles.
- * Dotonbori – Vibrant entertainment district famous for neon lights and street food.
- * Shinsaibashi – Popular shopping and dining avenue.
- * Umeda Sky Building – Spectacular city views from the Floating Garden Observatory.

Optional Cultural Experiences

- * Byōdō-in – UNESCO World Heritage temple and matcha tea destination.
- * Traditional Japanese Tea Ceremony
- * Zen Meditation at a historic temple
- * Kimono Experience and professional photography
- * Onsen (hot spring) wellness experience
- * Japanese Calligraphy Workshop
- * Matcha Tea Tasting
- * Kyoto river walk and sunset meditation



These destinations pair beautifully with a luxury yoga retreat, combining wellness, culture, spirituality, nature, and authentic Japanese experiences while keeping travel times comfortable from Kyoto.

Retreat Itinerary

Day 1 – Arrival & Welcome to Kyoto

- Airport/train station transfer (optional)
- Check-in to your luxury retreat accommodation
- Welcome herbal tea and refreshments
- Retreat orientation and introduction
- Gentle restorative yoga to release travel fatigue
- Guided meditation and intention-setting ceremony
- Gourmet wellness dinner
- Evening relaxation and restful sleep

Day 2 – Awakening the Mind & Body

- Sunrise meditation and pranayama
- Energizing Hatha or Vinyasa Yoga
- Healthy Japanese-inspired breakfast
- Wellness workshop: Mindful Living & Yogic Lifestyle
- Free time or optional spa/onsen experience
- Kyoto Sightseeing
- Guided visit to a Zen temple and Japanese garden
- Yin Yoga and Yoga Nidra
- Wholesome dinner

Day 3 – Culture, Nature & Inner Balance

- Morning meditation
- Dynamic yoga practice
- Healthy breakfast
- Excursion to Kyoto's famous Bamboo Forest and scenic surroundings
- Mindful walking meditation
- Nara Sightseeing
- Free time for reflection or journaling
- Evening sound healing and restorative yoga
- Dinner

Day 4 – Wellness & Self-Discovery

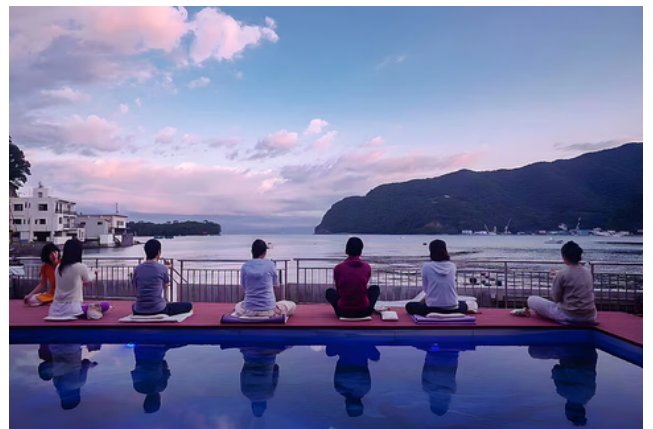
- Sunrise yoga and breathwork
- Nourishing breakfast
- Workshop: Stress Management & Emotional Well-being
- Optional massage or traditional Japanese wellness experience
- Osaka Sightseeing
- Personal reflection and relaxation
- Sunset meditation
- Gentle Yin Yoga
- Gourmet wellness dinner

Day 5 – Harmony & Transformation

- Morning meditation
- Vinyasa Flow Yoga
- Healthy breakfast
- Visit to Kyoto's historic shrines or cultural landmarks
- Tea ceremony and mindfulness experience
- Lunch
- Free time for shopping or personal exploration
- Closing circle, gratitude practice, and certificate ceremony
- Farewell celebration dinner

Day 6 – Departure

- Sunrise meditation
- Gentle stretching and relaxation
- Healthy breakfast
- Closing blessings
- Check-out
- Departure with renewed energy, inner peace, and lasting memories



WHAT IS INCLUDED?

- 5 nights / 6 days luxury accommodation in Kyoto, Japan.
- Daily yoga classes including Hatha, Vinyasa, Yin, and Restorative Yoga.
- Daily guided meditation, pranayama, and mindfulness sessions.
- 2 healthy gourmet meals per day, featuring fresh, seasonal, and locally sourced ingredients.
- Herbal teas, fresh fruit, and healthy refreshments.
- Wellness workshops on stress management, mindful living, and yogic lifestyle.
- Guided Yoga Nidra and deep relaxation sessions.
- Evening sound healing and meditation experiences.
- Traditional Japanese tea ceremony experience.
- Guided cultural excursions to selected temples, Zen gardens, bamboo forests, and other iconic Kyoto landmarks.
- Mindful nature walks and self-reflection activities.
- Access to selected wellness facilities, including a traditional Japanese onsen (where available).
- Personalized guidance from experienced yoga and wellness instructors.
- Complimentary Wi-Fi throughout the retreat property.

WHAT IS EXCLUDED?

- International and domestic airfare to and from Kyoto, Japan.
- Visa fees and travel documentation .
- Travel and medical insurance (mandatory and highly recommended).
- Airport transfers (unless booked as an optional add-on or stated otherwise).
- Personal expenses, including shopping, souvenirs, and laundry services.
- Optional spa treatments, massages, and additional wellness therapies not listed in the itinerary.
- Meals and beverages not specified in the retreat program.
- Alcoholic beverages.
- Optional sightseeing tours and activities outside the scheduled itinerary.
- Transportation for personal excursions during free time.
- Gratuities and tips for guides, drivers, therapists, and hotel staff.
- Additional nights of accommodation before or after the retreat.
- Medical expenses, medications, or emergency healthcare services.
- Costs incurred due to flight delays, cancellations, missed connections, or unforeseen travel disruptions.
- Any services or activities not specifically mentioned under What's Included.

WHAT TO BRING?

- Valid passport, visa (if required), and travel documents.
- Comfortable yoga clothing for daily practice.
- Light jacket or sweater for cool mornings and evenings.
- Comfortable walking shoes for sightseeing and nature walks.
- Personal yoga mat (optional, as mats and props are provided).
- Reusable water bottle.
- Small backpack or day bag for excursions.
- Personal toiletries and skincare essentials.
- Any prescribed medications and personal medical supplies.
- Sunscreen, sunglasses, and a hat for outdoor activities.
- Swimwear (if your accommodation includes an onsen or wellness facilities where appropriate).
- Comfortable casual clothing for free time and cultural visits.
- Modest attire for visiting temples and sacred sites (clothing that covers shoulders and knees is recommended).
- Journal and pen for self-reflection and mindfulness exercises.
- Camera or smartphone to capture memorable moments.
- Universal travel adapter suitable for Japan (Type A/B plugs).
- An open heart, positive mindset, and willingness to embrace new experiences.

Retreat FAQs

1. Who is this retreat suitable for?

This retreat welcomes everyone, from complete beginners to experienced yoga practitioners. Our instructors provide personalized guidance, allowing you to practice at your own pace.

2. Do I need prior yoga experience?

No. Whether you are new to yoga or have years of practice, all sessions are designed to accommodate different skill levels.

3. Where will the retreat take place?

The retreat is hosted at the luxurious RIHGA Royal Hotel Kyoto, Japan, offering premium comfort and convenient access to Kyoto's iconic temples, gardens, and cultural attractions.

4. What type of yoga will be taught?

The retreat includes Hatha Yoga, Vinyasa Flow, Yin Yoga, Restorative Yoga, Pranayama, Meditation, Yoga Nidra, and Mindfulness practices.

5. What is included in the retreat package?

Your package includes luxury accommodation, daily yoga and meditation sessions, healthy meals, wellness workshops, guided cultural experiences, selected excursions, and other inclusions listed in the retreat package.

6. Are meals included?

Yes. Daily nutritious breakfasts, lunches, and dinners are included, with vegetarian and wellness-focused options available. Please inform us of any dietary requirements before arrival.

7. Can special dietary needs be accommodated?

Yes. Vegetarian, vegan, gluten-free, and most dietary preferences or allergies can be accommodated with advance notice.

8. What should I bring?

Bring comfortable yoga clothing, walking shoes, travel documents, personal toiletries, medications, a reusable water bottle, a journal, and clothing suitable for visiting temples and cultural sites.

9. Will I have free time to explore Kyoto?

Yes. The itinerary includes free time to explore Kyoto's historic neighborhoods, shopping districts, cafés, gardens, and cultural attractions at your leisure.

10. Is airport transfer included?

Airport transfers are optional unless specifically stated in your retreat package. We can assist with arranging transfers upon request.

11. What language will the retreat be conducted in?

All yoga sessions, workshops, and activities are conducted in English.

12. What is the cancellation policy?

Cancellation and refund terms vary depending on the booking date and package selected. Please refer to our booking terms or contact us before making your reservation.

13. Is travel insurance required?

Yes. We strongly recommend comprehensive travel insurance that covers medical emergencies, trip cancellations, delays, and personal belongings.

14. Can I attend the retreat alone?

Absolutely. Many guests travel solo. Our retreats provide a welcoming environment where participants can relax, connect with like-minded people, and enjoy a supportive community.

15. How do I reserve my place?

You can reserve your place by completing the online booking form and paying the required deposit. Our team will then provide confirmation along with all pre-arrival information and travel guidance.

Contact Us

We would be delighted to welcome you on this transformative journey of wellness, mindfulness, and cultural discovery in Kyoto, Japan. If you have any questions or would like to reserve your place, our team is here to assist you every step of the way.



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Book Your Luxury Wellness Retreat

Reserve your place for the 5 Nights / 6 Days Luxury Yoga & Wellness Retreat in Kyoto, Japan, and experience the perfect harmony of yoga, wellness, Japanese culture, and luxury hospitality.

Whether you are a beginner or an experienced practitioner, our dedicated team is committed to providing a memorable and life-enriching retreat experience.

Reconnect • Rejuvenate • Renew