



## Finding Peace And Reaching Balance

-Grounding, rebalancing and recharging in Ishigaki island -

Yoga and Qi Gong retreat for all levels (beginners friendly)  
With Maika and Tomer from Yoga Kuukan

An old beautiful Japanese house, an amazing island with tropical nature and 2 experienced teachers in Yoga and Qi Gong to help you reconnect with your real selves.

A 5 days/4 nights retreat (but it is possible to stay longer) mixing yoga and Qi Gong classes with outdoor trips in Ishigaki hidden power spots.

**When:** June 5th to June 9th 2020

**Where:** Le Lotus Bleu, Ishigaki island, Okinawa, Japan

**Price:** including accomodation, 3 meals a day (vegetarian meals available):

81 000 yen in shared rooms, 8000 yen per additional night

99 000 yen in single room, 13 000 yen per additional night

**Language:** English and Japanese.





In an old traditional Japanese house atmosphere, surrounded by the beautiful nature of Ishigaki island, this retreat is to help us to disconnect from the daily stress of modern life and connect to our real selves. With a combined daily program of yoga, chi kung and meditation, we will work towards finding physical, mental and emotional balance.

The program is designed to calm you down, help you live in the moment, accept yourself and shine through your physical body. It is *not* about pushing you to achieve more in your practice. It is about connecting with yourself and improving your ability to relax and ground.

We will practice every morning and evening at the beautiful Tatami room and have daily activities around the island, discover the power spots of Ishigaki with an additional daily (third) session in beautiful nature. We'll also have time to enjoy the beach and sample the famous Okinawan food.

We will enjoy the hospitality of (our dear friends) Patrick & Maiko from Le Lotus Bleu and stay at their amazing traditional Japanese house. The whole experience will be magical!



## October 31st

15h

Check in (you can arrive earlier, leave your luggages at the house, and take a walk in the village)

16h

Opening circle

16h30

Easy Yoga and Qigong

18h30

Dinner at Le Lotus Bleu

## November 1st

8h

Light Breakfast

10h

Yoga

12h30

Lunch

14h-16h:

Free time

16h30:

Qigong

18h30:

Dinner



## Nov 2nd

5h30

Sunrise on the beach (option)

8h30

Yoga

11h

Brunch

12h-16h

West of Ishigaki tour (Beach, trekking, scenic views) including a practice in nature

17h

Qigong

19h

Dinner





## November 3rd

8h30

11h

12h-16h

17h

19h

Qigong

Brunch

North of Ishigaki tour (Beach, trekking, scenic views)  
including a practice in nature

Somatic Yoga

Dinner



## November 4th

8h30

11h

11h30

12h

Qi Gong and meditation

Brunch

Closing circle

End (or additional nights)



## Options available for additional days:

Snorkeling/ diving tours:

Yaeyama islands day trips (Taketomi, Iriomote jungle)

Massage (Esalen massage, Swedish oil massage) at Le Lotus Bleu

Beach yoga





# The teachers: Maika & Tomer from Yoga Kuukan ([www.yogakuukan.com](http://www.yogakuukan.com))



## Tomer

Yoga Fusion, Somatic Yoga, yoga therapeutics, meditation

Cofounder of Yoga Kuukan in Chiang Mai, Thailand. Tomer has been teaching daily classes, private sessions and workshops, internationally, for the last 15 years. He has been developing his own original teaching style, combining yoga therapeutics and alignment, based on different yoga styles. His journey of healing taught him how to guide others with their own practice and personal development.

Tomer had his first experiences with Yoga and Somatic Education at a very young age as he was born with several back conditions and had to use braces for years to support his back and shoulders. Years later, after long time studying in India, he went through an extensive yoga teacher training in Germany and participated in many workshops and trainings with some of the best teachers from around the world.



## Maika

Qi Gong, Chi Breathing, Tai Chi

Maika has been traveling and living outside of her home country Japan for the last 15 years. Maika and her life partner, Tomer, have created a Yoga and Qi Gong studio called Yoga Kuukan (Chiang Mai, Thailand).

She became dedicated to a daily practice after losing hearing in one ear and having a back injury. Practicing Tai Chi and Qi Gong has been helping her a lot to recover her body and find balance in life. After studying from many different teachers and masters she continued her daily practice for many years. She realized how important the breath is, and how we can improve our minds and bodies through toning the breath. Since then she is developing her own unique abdominal breathing practice, named Chi-Breathing.

Maika enjoys sharing her daily practice with people from all over the world. Having very simple intentions, knowing ourselves, finding our inner balance and living a healthy life.



# The house: Le Lotus Bleu ([www.lelotusbleu.asia](http://www.lelotusbleu.asia))



Your host and guide,  
Maiko & Patrick, living in Le Lotus  
Bleu Ishigaki for 7 years. We love  
Ishigaki and we want to share its  
beauty with you.



# Ishigaki Island: A tropical paradise in Japan

