

2020 Walking Meditation Yoga Retreat with Hart Lazer

Date: 6th - 12th September 2020

Location: Kumano Kodo & Kyoto 熊野古道 & 京都

Day	行程表 Itinerary	Breakfast	Lunch	Dinner
Day 1 6 th Sep Sunday	Group Meeting @Hotel 18:00pm 關西機場 Osaka Airport === 白濱溫泉 Shirahama Onsen Hotel: SHIRAHAMA KEY TERRACE HOTEL SEAMORE	-	-	-
Day 2 7 th Sep Monday	Hotel ==🚌== 熊野古道館・滝尻王子 Takijiri Oji === WALKING 13kms === 近露王子 Chikatsuyo Oji ==🚌== 川湯溫泉 Kawayu Onsen Hotel : Kawayu Midoriya 川湯綠屋山水館	H	Lunch Box	-
Day 3 8 th Sep Tuesday	Hotel ==🚌== 近露王子 Chikatsuyo Oji == WALKING 17.8kms == 發心門王子 Hosshimon Oji ==🚌== 川湯溫泉 Kawayu Onsen Hotel : Kawayu Midoriya 川湯綠屋山水館	H	Lunch Box	-
Day 4 9 th Sep Wednesday	Hotel ==🚌== 發心門王子 Hosshimon Oji == WALKING 7kms == 本宮大社 Hongu Taisha ==🚌== 那智大社 Nachi Taisha ==🚌== 紀伊勝浦溫泉 Kii Katsuura Onsen Hotel : 浦島溫泉飯店 Hotel Urashima Resort & Spa	H	-	-
Day 5 10 th Sep Thursday	Hotel ==🚌== 京都妙心寺花園會館 Kyoto Hanazono Kaikan Afternoon : Yoga Practice Hotel :妙心寺花園會館 Myoshinji Temple Hanazono Kaikan	H	-	-
Day 6 11 th Sep Friday	早餐 Breakfast Yoga Practice 5hrs Hotel :妙心寺花園會館 Myoshinji Temple Hanazono Kaikan	H	-	-
Day 7 12 th Sep Saturday	早餐 Breakfast Yoga Practice 5hrs Retreat ends after yoga practice	H	-	-


















Day	Transportation Schedule
Day 1 關西空港 KIX airport – 白濱溫泉 Shirahama Hotel	
Day 2 Hotel – 滝尻王子 Takijiri Oji 近露王子 Chikatsuyo Oji – Hotel	7:26 am – 8:40 am 16:04 pm – 16:48 pm
Day 3 Hotel – 近露王子 Chikatsuyo Oji 發心門王子 Hosshimon Oji – Hotel	8:15 am – 8:59 am 16:23 pm – 16:51 pm
Day 4 Hotel – 發心門王子 Hosshimon Oji 本宮大社 Hongu Taisha – 那智大社 Naichi Taisha 那智大社 Naichi Taisha – 紀伊勝浦溫泉 Kii Katsuura Onsen	8:16 am – 8:46 am 13:20 pm – 15:35 pm
Day 5 紀伊勝浦溫泉 Kii Katsuura Onsen – 新大阪 Shin Osaka 新大阪 Shin Osaka – 京都 Kyoto	特急黑潮くろしお 16号 8:53 – 12:50 JR 東海道本線 13:05 pm – 13:29 pm

Route3

Take time: **276** Minutes Transfer: **1** Times Distance: **300.9** km

Total:¥ **7,480**(**Ticket** Fare:¥ **5,500** Seat Fee:¥ **1,980**) Commuting ticket(1mon:¥ — 3mon:¥ — 6mon:¥ —)

Commuting ticket

Time	Route	Fare	Seat Fee	UsefulLink
08:53	 KIIKATSUURA Station timetable Add to favorite	┌		 Map  Rent-a-car  Hotel  Restaurant
[237 Min]	 LTD. EXP KUROSHIO 16 Train timetable Interval timetable		Unreserved seat: ¥ <input type="button" value="↕"/>	
12:50 13:05	 SHIN-OSAKA [Arrival track No.1 / Departure track No.5] Station timetable Add to favorite	¥5,500		 Map  Rent-a-car  Hotel  Restaurant
[24 Min]	 JR Special Rapid Service for NAGAHAMA Train timetable Interval timetable			
13:29	 KYOTO [Arrival track No.2] Add to favorite	└		 Map  Rent-a-car  Hotel  Restaurant