

2026 Walking Meditation Yoga Retreat with Hart Lazer

Date: 27th Apr - 3rd May 2026

Location: Kumano Kodo & Kyoto 日本和歌山 熊野古道&京都

H : 飯店內享用 Included in Hotel

Day	行程表 Itinerary	Breakfast	Lunch	Dinner
Day 1 27th Apr Monday	Group Meeting @Hotel 18:00pm 關西機場 Osaka Airport === 白濱溫泉 Shirahama Onsen Hotel: SHIRAHAMA KEY TERRACE HOTEL SEAMORE	—	—	H
Day 2 28th Apr Tuesday	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	H
Day 3 29th Apr Wednesday	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	H
Day 4 30th Apr Thursday	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	—	H
Day 5 1st May Friday	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 2nd May Saturday	7:00 - 7:45 冥想和呼吸練習 Meditation & Breath Work 7:45 - 9:00 早餐 Breakfast 9:30 - 13:30 體位法練習及問答時間 Asana practice / Q&A (yoga talks) Hotel :妙心寺花園會館 Myoshinji Temple Hanazono Kaikan	H	—	—
Day 7 3rd May Sunday	7:00 - 7:45 冥想和呼吸練習 Meditation & Breath Work 7:45 - 9:00 早餐 Breakfast 9:30 - 13:30 體位法練習及問答時間 Asana practice / Q&A (yoga talks) Retreat ends after yoga practice	H	—	—