

# Goddess Retreat in Japan 14-25 May 2025



## Beautiful Soul

It is with great Joy and Excitement that I share the details of the Goddess Retreat in Japan. Japan, has been brewing since 2019 when I hosted a Goddess Retreat in France. The group were discussing where we would like to go for more Goddess Retreats, and Japan popped out of my mouth. I was taken aback, I really do not know where that idea came from. After the retreat, I met my husband in Paris for a few days and there, in the middle of Paris, I saw a fully dressed Geisha. So it was confirmed .....the Universe was guiding me to Japan. This has been a difficult retreat too plan logistically as I really did not know anything about the country. I have spent almost 2 months working with agents, probably driving them completely mad, to get the itinerary perfect, and I now have a good feeling and am ready to explore the beauty of Japan with you.

We will be visiting Temples, Gardens, a Saki Museum, getting dressed up in kimonos, catching a glimpse of Mount Fuji, having dinner with a Geisha group, walking through bamboo forests, be guided through a Zen Meditation with a Master of Zen Meditation, guided through a Traditional Tea Ceremony, visit the Memorial to the founder of Reiki Energy Healing, Mikao Usui and so much more.

As with all Goddess Retreats, we will be taking time to Connect with our Divinity, learn how to create Abundance, release blockages that are getting in the way of living Joy Filled, Abundant lives!

Are you hearing the Call? I would so love for you to join me in exploring this completely different culture where life is filled with spirituality. Please see the detailed Itinerary below.



# The Itinerary:

Each day will begin with Breakfast and then an Alchemy circle. During the Alchemy Circle, we will connect with our Divinity, release blockages, let go of old stories, recognize that we are magnificent beings. We will use Mantras, Sound Healing, Essential Oils and guided meditation, to remember that we are Alchemists and start living like alchemists. Sometimes the Alchemy Circles will be at the hotel where we are staying, and other times, they will be held in one of the beautiful gardens that we visit, or sacred spaces at one of the temples.

## Day 1

**14 May 2025**

### **No meals included**

You arrive in Tokyo from your International destination.

You will be met at the airport and transferred to the Hotel by an Agent Representative. You can either arrive at Nerita or Haneda airports. We will organize shuttle services to the hotel and group people together who have flights arriving at similar times. This service will be at your own expense and we will be able to confirm the cost once the group has booked their flights. It is suggested that you try and arrive at Nerita Airport, since the departure shuttle on the last day of the tour will be going to Nerita Airport.

Check into the hotel, rest and prepare yourself for the retreat that starts tomorrow.

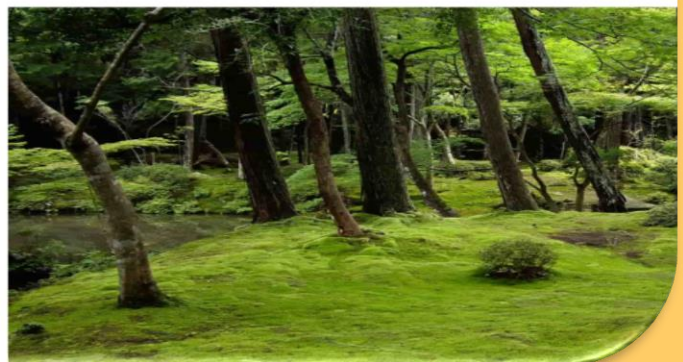
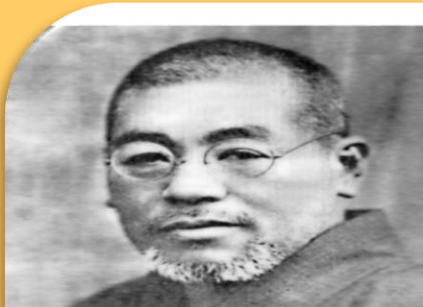
## Day 2

**15 May 2025**

### **Breakfast & Lunch Included**

We start the day with an opening Ceremony, where we set our intentions for the retreat, get to know one another a little and get briefed on the procedures for our time in beautiful Japan.

After our Opening Ceremony, we start exploring. Our first stop in Tokyo is Saihoji Temple where we visit the memorial to Mikao Usui, the beautiful soul who discovered Reiki Healing Energy. We honor him and connect with his presence in this special place.



**We have lunch at a local restaurant**

After lunch, we will go to the Imperial Palace and see the beautiful East Garden. The garden includes the ruins of old Edo Castle, a stately Japanese landscape garden, and meticulously maintained lawns and trees framing a backdrop of the modern Tokyo cityscape. Here we will connect with the beauty and lushness of our planet. The gifts of water, trees and exquisite plants and flowers.



**Dinner at your own expense.**  
**Overnight at Grand Nikko Tokyo Dalba**

### **Day 3**

**16 May 2025**

#### **Breakfast & Lunch Included**

We start our day with Breakfast and an Alchemy Circle. During this time, we connect with our Divinity, sing mantras, use Essential Oils to enhance our meditation and heart opening experience and focus on letting go of what does not serve our ability to really be the Alchemists of our lives.

After our Alchemy Circle, we will visit Tsukiji Outer Market – a lively outdoor street market known for its fresh and delicious seafood, and enjoy a fun and simple *Sushi-Making Experience*, where you can enjoy creating your own sushi, and eating it afterwards!



*The Tsukiji Outer Market offers a unique opportunity for tourists from around the world to get a glimpse into Japanese life and cuisine. This bustling market, once part of the world's largest fish market, is a vibrant hub where you can experience the essence of Japanese culture.*

**Lunch will be the Sushi you have made yourself!**



After lunch we visit Asakusa. Asakusa is in Tokyo's traditional side, a vibrant district in Tokyo known for its rich cultural heritage and bustling atmosphere. At the heart of Asakusa lies Senso-ji Temple, one of the oldest and most revered Buddhist temples in Japan, drawing millions of visitors each year

We explore the Senso-ji Temple also known as Asakusa Kannon Temple, is dedicated to the goddess of Mercy, Kannon. Stepping through the iconic Kaminarimon Gate, visitors are greeted by Nakamise-dori, a lively shopping street lined with traditional stalls selling souvenirs, snacks, and crafts.

At the end of Nakamise-dori stands the main hall of Senso-ji Temple, where visitors can offer prayers, burn incense, and admire the majestic architecture. The temple complex also includes other structures such as the five-story pagoda and Asakusa Shrine, offering plenty of opportunities for exploration and contemplation.

**Dinner at your own expense.  
Overnight at Grand Nikko Tokyo Dalba**

**Day 4 & 5**  
**17 & 18 May 2025**

**Breakfast & Lunch Included**

After our Alchemy Circle, we say our goodbyes to Tokyo and drive to Kawaguchiko.

Kawaguchiko is a quaint town with the best views of Mount Fuji. There is so much to see and experience in this beautiful town.



**During the next 2 days we will:**

Visit Lake Kawaguchiko with its quaint little shops and tearooms and also the best views of Mount Fuji

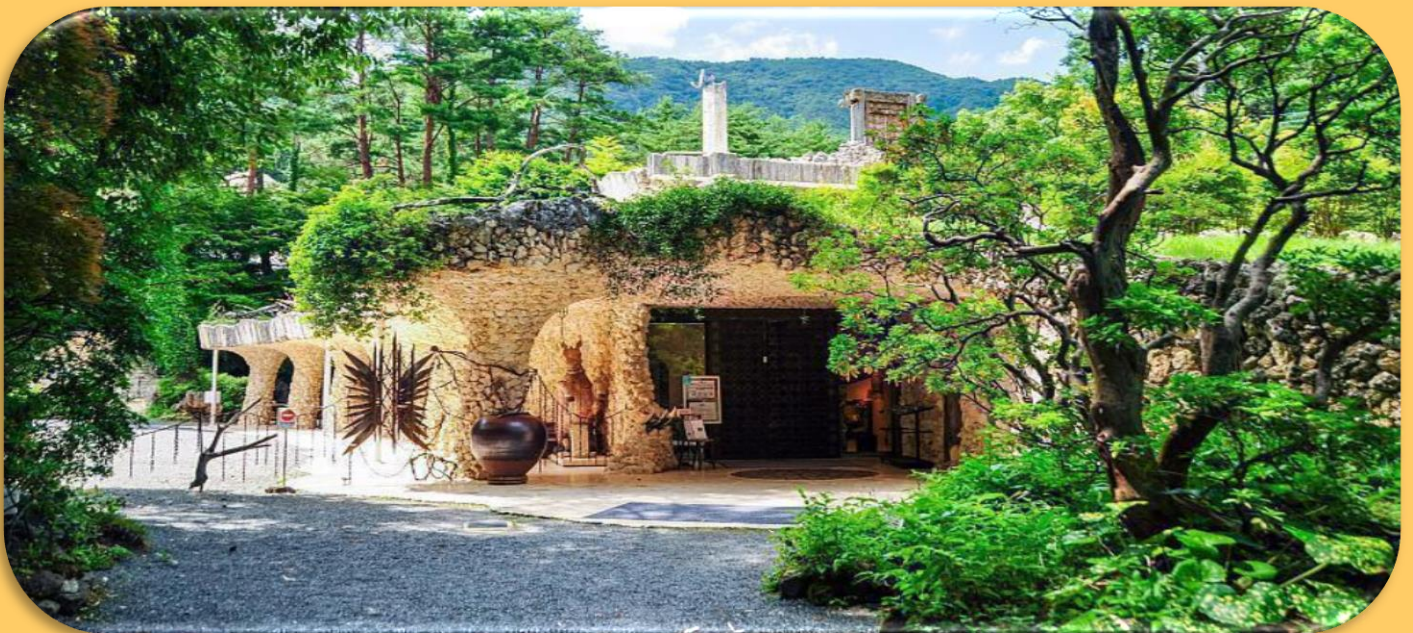


Take the Mt Fuji Panoramic Ropeway, where will have a bird's eye view of the most beautiful scenery



#### Visit the Itchiku Kubota Museum

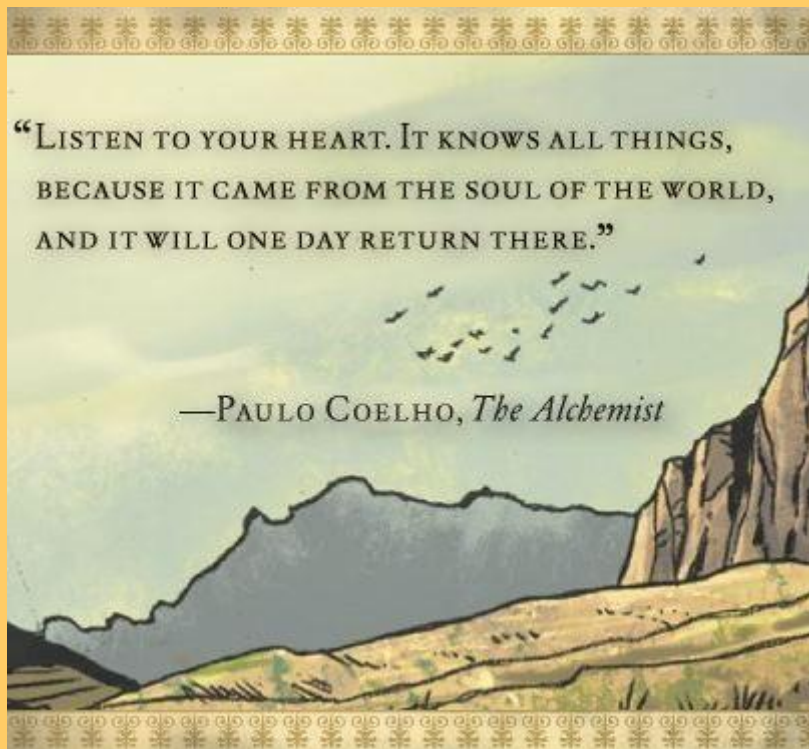
Kubota Itchiku (1917-2003) was the artist who revived the lost art of Tsujigahana silk dyeing, used to decorate elaborate kimono during the Muromachi Period (1333 - 1573). In his early twenties he was so inspired by a fragment of Tsujigahana textile exhibited at the Tokyo National Museum, that he devoted the rest of his life to recreating and mastering the labour-intensive silk dyeing technique.



Visit the beautiful Rose Gardens at Kawaguchiko Music Forest Museum and also explore the Museum and its surrounds



Dinner at your own expense and overnight at La Vista Hotel, Kawaguchiko



## Day 6 (Kyoto)

19 May 2025

### Breakfast & Lunch Included

We transfer to **Kyoto** via the Shinkansen Express train.

Kyoto is the largest city in Japan and one of the beautiful places in the world. It is lively, colourful and highlights historical moments. Here are a few facts about Kyoto.

- Kyoto was the capital city of Japan for more than a thousand years.
- Kyoto is known as the mother of all shrines. There are more than 4000 Temples in Kyoto
- Kyoto is popular as the city of festivals.
- Kyoto ranks as eighth in the population amongst Japan's cities. It has a 1.5 million population.
- Kyoto has hardly suffered wars as it was never a part of the war plan by the Americans.
- Gion is Kyoto's famous Geisha district and arguably the best know area of its kind in Japan. Gion is not just home to Geiko (Geisha) and Maiko (Geisha in training), but also to traditional shops, tea houses, cafes and restaurants.



We have lunch and then have free time to explore Kyoto on our own

**Dinner at your own expense.**

**Overnight at Grand Nikko Tokyo Dalba**



## Day 7 (Kyoto)

20 May 2025

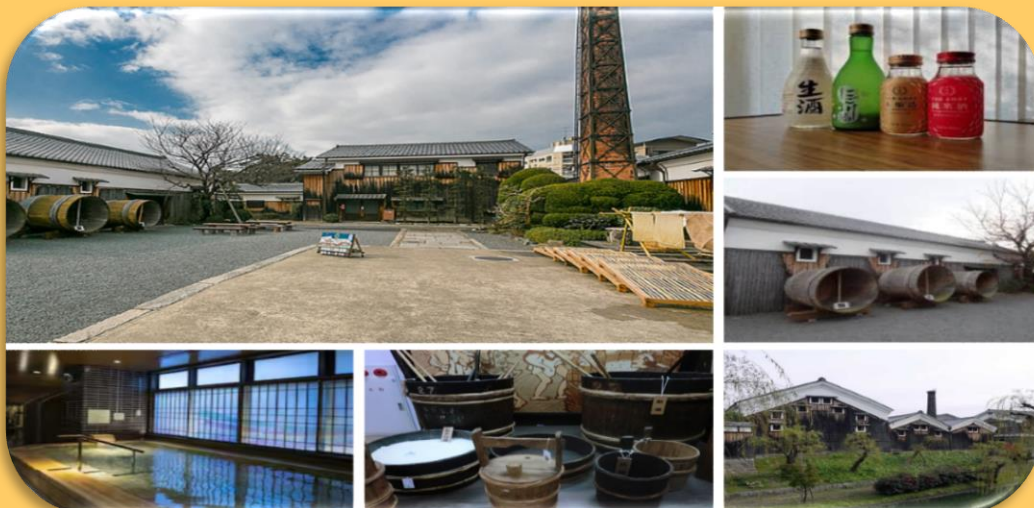
Breakfast & Lunch Included

Today, we travel to Fushimi Inari Shrine – the chief of thousands of shrines throughout the country dedicated to Inari, the Shinto deity of economic prosperity, rice, and foxes. What sets this shrine apart is the sight of hundreds of bright vermilion “torii” gates that form long pathways through the forest covering Mount Inari.



### Lunch at a local restaurant

We head to the Fushimi Sake District, where rows of old-fashioned buildings house over 40 traditional sake breweries, which use the clear spring waters flowing underground to produce their premium products. We visit the Gekkeikan Okura Sake Museum, where you can study of the history of the brewery and of sake production in Japan, and taste some of their delicious brews.



We will have some fun, and dress up in Kimonos.



**Dinner at your own expense.  
Overnight at Double Tree Hilton Kyoto**

THE FEAR OF  
SUFFERING IS  
WORSE THAN THE  
SUFFERING ITSELF.  
NO HEART HAS  
EVER SUFFERED  
WHEN IT GOES IN  
SEARCH OF ITS  
DREAMS.

Paulo Coelho  
[www.positivitysparkles.com](http://www.positivitysparkles.com)



## Day 8

21 May 2025

### Breakfast & Lunch Included

In the morning, we visit Kiyomizu-dera Temple, also known as the Temple of Pure Water. The temple is a celebrated landmark famed for its iconic three-story pagoda, large wooden stage, and trio of sacred streams which each confers a different blessing. Kiyomizu-dera Temple is a masterpiece of Japanese architecture, dating back to the Heian period (794-1185). Perched on the wooded hillsides of eastern Kyoto, the temple complex offers a commanding view of the cityscape below.

- **Main Hall (Hondo):** The Main Hall of Kiyomizu-dera, known as the Hondo, is a designated National Treasure of Japan. Supported by massive wooden pillars and constructed entirely without the use of nails, the Hondo exemplifies the intricate craftsmanship of traditional Japanese architecture.
- **Kiyomizu Stage:** The most iconic feature of Kiyomizu-dera is its expansive wooden stage, which extends out from the Main Hall over the hillside. Supported by hundreds of wooden beams, the stage offers panoramic views of Kyoto, particularly spectacular during the cherry blossom season in spring and the vibrant foliage of autumn.
- **Otowa Waterfall:** Nestled within the temple grounds is the Otowa Waterfall, whose name translates to "Sound of Feathers." Visitors can partake in a ritual of drinking from one of three streams, each believed to bestow a different blessing—longevity, success in love, or academic achievement. Legend has it that drinking from all three streams is considered greedy or will bring misfortune.



Lunch at a Local Restaurant

At Myoshinji Temple we learn about and participate in, a time-honoured Green Tea Ceremony, a ritual of hospitality once afforded only to nobility.



- The tea ceremony, also known as the Way of Tea, is a traditional Japanese cultural activity involving the ceremonial preparation and presentation of matcha, powdered green tea. This practice is deeply rooted in Japanese philosophy, aesthetics, and Zen Buddhism.
- During a tea ceremony experience, you will learn about the history and principles of this ancient tradition. The session typically begins with a brief introduction to the significance of the tea ceremony, including the concepts of harmony (wa), respect (kei), purity (sei), and tranquility (jaku).
- Participants will then observe the tea master as they perform the precise and graceful movements involved in preparing the tea. Every step, from the cleaning of the utensils to the whisking of the matcha, is carried out with mindfulness and attention to detail.
- After the demonstration, you will have the opportunity to try making tea yourself under the guidance of the tea master. You will learn how to properly handle the tea utensils, measure the right amount of matcha, and whisk the tea to create a frothy, smooth beverage.
- Throughout the experience, you will also learn about the etiquette of drinking tea, including how to hold the bowl, how to appreciate the tea's aroma and flavor, and how to express gratitude to the host and fellow guests.

- The tea ceremony is not just about drinking tea; it is an immersive experience that fosters a sense of inner calm and appreciation for the beauty in simplicity and mindfulness.



We will have the opportunity to learn about and experience Zen meditation, or “zazen”: a discipline practiced by Zen Buddhist monks to gain clarity of mind.



Near the temple are Ninenzaka and Sannenzaka; these streets are filled with preserved buildings that retain the character of the Edo period. Many of the buildings now contain shops selling souvenirs and Kyoto-specific wares. We will take a walk around the streets and experience the traditional architecture and delightful shops of the area.

**Dinner at your own expense.**

**Overnight at Double Tree Hilton Kyoto**

## Day 9

22 May 2025

### Breakfast & Lunch Included

After we've had breakfast and held our Alchemy Circle we visit the Kinkakuji Temple (Golden Pavilion)



- Kinkakuji Temple, also known as the Golden Pavilion, is one of Kyoto's most iconic landmarks. This Zen Buddhist temple is located in northern Kyoto and is officially named Rokuon-ji. The temple was originally built in 1397 as a retirement villa for the shogun Ashikaga Yoshimitsu. After his death, it was converted into a Zen temple according to his will.
- The most striking feature of Kinkaku-ji is its top two floors, which are completely covered in gold leaf. The golden reflection of the pavilion in the pond, along with the beautiful Japanese gardens, creates a breathtaking scene that attracts visitors from all over the world.
- The pavilion is part of a larger complex that includes several other buildings and a beautiful garden designed in the strolling garden style, which features paths that lead visitors around the central pond, offering different perspectives of the pavilion and the surrounding nature.



We travel to Arashiyama, where we take a stroll through a local Bamboo Forest, where towering stalks of green bamboo packed in dense groves create an otherworldly feeling of awe and mystery as you walk the pathway through the centre. We continue to the Kimono Forest, an artistic collection of colourful cylinder-shaped pillars arranged in the fashion of a bamboo grove, celebrating Kyoto's heritage of kimono craftsmanship. The forest ends at the Ryu-noAtago Pond, an "energy spot" where locals pray to have their wishes granted. Then proceed to Togetsukyo Bridge, a 1930s reconstruction of a bridge that was originally built spanning the Hozu River hundreds of years ago. It's now one of the best places to view the natural splendour of Arashiyama.

**Dinner at your own expense.  
Overnight at Double Tree Hilton Kyoto**

**"It's one thing  
to feel that  
you are on  
the right path,  
but it's another  
to think that  
yours is  
the only path."**

**- The Alchemist**

## Day 10

23 May 2025

### Breakfast & Lunch Included

We travel to the ancient city of Nara, where we will visit one of Japan's most famous temples and an icon of the city: Todaiji Temple, which is home to the Great Buddha of Nara – a massive, seated image of the Buddha Vairocana, known as a "Cosmic Buddha".



Outside the temple, spend some time with the friendly wild deer of Nara Deer Park. These adorable creatures are largely accustomed to interacting with people, and some have even learned to bow when asking for the special deer crackers, which can be bought around the park.



### Lunch at a Local Restaurant

In the afternoon, you are free to explore, shop, reflect or anything you choose to do.

**Dinner at your own expense.**

**Overnight at Double Tree Hilton Kyoto**



## Day 11

24 May 2025

### Breakfast & Dinner Included

We explore Nijo Castle:

- Nijō Castle is a historic castle located in the heart of Kyoto, Japan. Constructed in 1603, it was the residence of the Shogun Tokugawa Ieyasu, the founder of the Tokugawa shogunate, and served as a symbol of the Tokugawa shogunate's power. The castle was designated as a UNESCO World Heritage site in 1994, recognizing its historical and architectural significance.
- The main attraction at Nijō Castle is its impressive architectural design and historical features. The castle complex is known for its beautiful Ninomaru Palace, which is renowned for its exquisite interiors and elaborate decorations. The palace is famous for its "nightingale floors," which chirp when walked upon, a clever security measure designed to alert occupants to the presence of intruders. The ornate rooms and tatami mats showcase traditional Japanese design, including intricate wood carvings and beautiful sliding doors.
- Nijō Castle is also known for its stunning gardens, which include expansive lawns, tranquil ponds, and meticulously maintained landscapes. The castle's grounds are divided into several areas, including the Ninomaru Garden, with its elegant pond and seasonal flower displays, and the Honmaru Garden, which features a more formal landscape design.



**Lunch at a Local Restaurant (at your own Expense)**

**Enjoy a Free Afternoon:**

**Suggestion of activities that you can do on your own or in small groups:**

**Kamogawa River walk:** a great place for people watching, sampling different cuisines at one the cafes and restaurants lining the river bank

**Exploring the Philosopher path:** Starting at Nanzenji Temple, the path follows a small canal line with hundreds of cherry blossoms trees and passes a number of temples and shrines before ending around Ginkakuji, the Silver Pavilion. The path is picturesque from beginning to end.

The name **Philosopher path** comes from it being the walking route of *Nishida Kitarō*, one of the most significant and influential Japanese philosophers. He used the path often to walk from his dwelling to Kyoto university, and was often found somewhere along the path in contemplation and meditation.

**Explore the Gion District a little more:** Famous for Geishas, Tea Houses, traditional shops, houses and restaurants



We will end our day in the Gion Geisha District, a heritage district featuring stone-paved streets lined with ochaya (teahouses) – exclusive establishments where guests are entertained by Geisha and Maiko. Here, we will enjoy traditional Kyoto Kaiseki Cuisine in the company of an elegant geisha.

**Dinner with a Geisha (included in the cost)**

**Overnight at Double Tree Hilton Kyoto**

**Day 12**

**25 May 2025**

**Breakfast Included**

Our last day has arrived. We participate in a closing ceremony and then get transferred to the Shinagawa Express that will take us to Narita Airport in Tokyo.



**[Please see costing information on the next page](#)**

## **COST: (In US\$)**

Per Person Sharing in a Twin room           **US\$5900 (848 508 JPY)**

Per person in a Single Room                   **US\$7000 (1 006 705 JPY)**

**SHOULD THERE BE A MASSIVE FLUCTUATION IN THE US\$/JPY, PRICES WILL BE ADJUSTED ACCORDINGLY. THE AGENT NEEDS TO BE PAID IN JPY BUT TO SIMPLIFY MATTERS I HAVE CHARGED IN US\$**

## **Included:**

### **3 Nights at the Grand Nikko in Tokyo**

<https://www.tokyo.grandnikko.com/>

### **2 Nights at La Vista Hotel in Kawaguchiko**

[https://la-vista-fuji-kawaguchiko.hotels-fujikawaguchiko.com/en/?from=2025-05-17&to=2025-05-19&adults=1&children=0&clirder=1&\\_1726217417146](https://la-vista-fuji-kawaguchiko.hotels-fujikawaguchiko.com/en/?from=2025-05-17&to=2025-05-19&adults=1&children=0&clirder=1&_1726217417146)

### **6 Nights in Double Tree Hilton Hotel in Kyoto**

[https://www.hilton.com/en/hotels/itmksdi-doubletree-kyoto-station/?SEO\\_id=GMB-APAC-DI-ITMKSDI](https://www.hilton.com/en/hotels/itmksdi-doubletree-kyoto-station/?SEO_id=GMB-APAC-DI-ITMKSDI)

- All meals mentioned in the itinerary:
- 11 Breakfasts, 10 Lunches, 1 Dinner
- 1 Airport Transfers: On departure
- All transportation to sites
- All Entrance Fees
- Guided Healing Sessions
- A Manual including Mantras and Healing Activities

## **Not Included:**

- International Flight to Tokyo and back to your final destination home
- Transfer from the Tokyo airport of your choice
- Meals not mentioned in the Itinerary (1 Lunch, 10 Dinners)
- Travel Insurance
- Visas
- Drinks/Alcohol/Water
- Laundry
- Any other extras not mentioned in the itinerary

**Please see the Payment Plan on the next page**

<b>PAYMENT PLAN</b>	<b>Per Person Sharing a Twin Room</b>	<b>Per Person in a Single Room</b>
<b>Payment Date</b>	<b>Amount</b>	<b>Amount</b>
Deposit on Booking	US\$1000	US\$1000
Payment due on 2024/10/30	US\$ 700	US\$ 860
Payment due on 2024/11/30	US\$ 700	US\$ 860
Payment due on 2024/12/30	US\$ 700	US\$ 860
Payment due on 2025/01/30	US\$ 700	US\$ 860
Payment due on 2025/02/28	US\$ 700	US\$ 860
Payment due on 2025/03/28	US\$ 700	US\$ 860
Payment due on 2025/04/28	US\$ 700	US\$ 840
<b>TOTAL COST</b>	<b>US\$5900 (848 508 JPY)</b>	<b>US\$7000 1 006 705 JPY</b>