

About the retreat: The INTERNATIONAL HOUSE OF REIKI teaches from the Japanese perspective where the initiation process, course information and techniques taught stem directly from Japan. The three day retreat „The system of Reiki from a traditional Japanese perspective“ is not simply theoretically deepen the understanding. It’s practical working, chanting mantras, feeling aspects of esoteric Buddhism energy inside the Reiki system and become one with it along the path towards Anshin ritsumi. If you are interested in knowing more about the roots of Reiki and experiencing the energy yourself in Japan, Reiki’s birthplace you will just love that trip.



About your Reiki teacher: The international renowned Reiki teacher Frans Stiene has been a major influence on global research into the system of Reiki since the early 2000s. His practical understanding of the Japanese influences on the system have allowed students around the world to connect deeply with this practice. Frans is a co-founder of the International House of Reiki and Shibumi International Reiki Association with his wife Bronwen Stiene. He has also co-authored with her some bestselling and critically acclaimed books like the *Japanese Art of Reiki* or *The roots of Reiki*.

About your tour guide and organizer: In 2016 Oliver Drewes completed his Gendai Reiki Hō teacher level by Hiroshi Doi Sensei in Japan. In 2017 he translated Doi’s book *Iyashino Gendai Reiki Hō* from English and published it in his spiritual publishing house. In 2018 he participated in Frans Shinpiden course, 2019 he published Frans’ book *The Inner Heart of Reiki* in German language. Since 2014 he has been organising trips to palm leaf libraries in Asia after having written a book about this special fortune telling. 2019 he organized the last Japan trip with 18 persons joining it.

16th of November 2023 (11th day)



Destination: Nara

Overnight stay: Nara

Third day of the retreat „The system of Reiki from a traditional Japanese perspective“. In your free time after the seminar, consider visiting the **Kasuga-Taisha shrine** once more if you like. In the darkness the illumination gives a nice atmosphere. Buses are leaving just in front of the seminar room. For the way back you could share a taxi directly back to the hotel.

17th of November 2023 (12th day)



Destination: Nara

Overnight stay: Osaka

In the morning we check out at our hotel but store the luggage there. This day we will have a **calligraphy workshop by a famous Japanese calligraphy master and teacher**. In the afternoon we pick up our luggage and take the train to Osaka to check-in at our already know hotel in Osaka.

18th of November 2023 (13th day)



Destination: Taniai

Overnight stay: Osaka

With the Shinkansen Tokaido line we go to Gifu Hashi-ma, where a rented minibus awaits us. After a lunch stop we got to Taniai, the birth town of Mikao Usui Sensei. Our first stop is the **Amataka-Jinjya shrine**, where the names of Usui Sensei and his brothers are carved into entrance gate that they donated to the shrine. Here it will be possible to participate in a **spiritual blessing ceremony from Shinto priests**. After that we go to the **sake source of the Usui family**. The last stop is the approximately 800-year-old **temple Zen-do-ji**, which testifies the connectedness of the Usuis still living there with the village of Taniai. By bus and train we go back to our hotel in Osaka.

19th of November 2023 (14th day)



Destination: Ashiya

Overnight stay: Osaka

Today we take the train to nearby Ashiya. Every third Sunday of the month the Gendai Reiki network organizes a Koryu-kai, a **meeting for Japanese Reiki practitioners**. This time not only with us as international guests but probably also with Hiroshi Doi, founder of the Gendai Reiki style and one of the teachers of Frans Stiene and Oliver Drewes. The evening probably ends with a **common dinner** in a restaurant together with many Japanese Reiki participants of the meeting. Walking to the nearby train station we drive back to our hotel in Osaka.

20th of November 2023 (15th day)



Destination: Osaka Airport

After the hotel check-out, not far away from the Osaka airport we start with unforgettable beautiful memories of the journey on the footsteps of Mikao Usui our way back home.

Japan Journey GRJ15-2311

15 Days Reiki-trip & 3-day retreat 3.490 €

Included in the price:

- all overnight stays of the 15-day trip, mostly in shared double rooms
- entrances to the sights according the tour description
- participation fee for Reiki-meeting koryu-kai
- tour operator liability insurance
- travel organisation and group escort on site by tour operator and Reiki teacher Oliver Drewes
- 3-day retreat „The system of Reiki from a traditional Japanese perspective“ worth 550 € (included) with Frans Stiene

Prices in Euro. Deposit amount = 20% of the total price after having received the booking confirmation. Due date of the remaining payment = no later than 4 weeks before departure.

Last update: 2022-09-19. Errors reserved. Our general terms and conditions apply. More information such as changes, minimum number of participants, group composition, entry and health regulations, blacklist as well as a booking form can be found on the homepage link <https://holistika.de/english-information/reiki-trip-to-japan-2023>

Japan Journey GRJ15-2311

Not included in the price:

- meals
- private insurances
- means of transport
- entrances or costs for activities apart from the tour description
- personal costs like laundry service et cetera
- everything else that is not listed as included in the price
- everything that is listed as Additional costs of third parties

Additional costs of third parties:

- international flight
- train, taxi, bus & cable car rides (around 300 €)
- hired bus to Taniai, proportionately shared (around 50 €)*
- Shinto blessing ceremony (around 30 €)
- Zazen workshop fee (*price still pending, please look for pdf update*)
- Calligraphy workshop fee (*price still pending, please look for pdf update*)
- for payments from outside Europe, intern. money transfer costs **

* = The costs for the rental bus to Taniai are, depending on its size about 65,000-90,000 yen (approx. 550-750 €) and are divided by the number of participants of our group.

** = Amount for international bank transfer depending on your bank. Completely to carry from customer only, not Holistika. Alternatively we can offer PayPal and add the PayPal fee + country-depending PayPal borderpassing fee on the payment amount if more economic or convenient for you.

15 Days Reiki Japan Trip

Following Mikao Usui’s footsteps more than 100 years after his Satori experience

06.-20.11.2023



Itinerary

1 overnight stay at Osaka • 3 overnight stays at Kyōtō and sightseeing in Japan's most beautiful town • day trip to Mt. Kurama, place of Usui Sensei's satori • 2 overnight stays at Mt. Hiei & workshop • 5 overnight stays at Nara and sightseeing • retreat & workshop • 3 overnight stays in Osaka • daytrip to Usui Sensei's birth town & Shinto blessing ceremony • daytrip to Ashiya for Koryu-kai meeting and dinner with Hiroshi Doi's Reiki practitioners community • Osaka airport



6th of November 2023 (1st day)



Destination: Osaka

Overnight stay: Osaka

Individual arrival after international flight at the Osaka airport from where it will be easy to get to our hotel.

7th of November 2023 (2nd day)

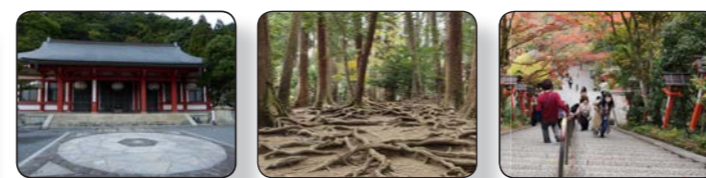


Destination: Kyoto

Overnight stay: Kyoto

After checking out at the Hotel in Osaka we go by local train to Kyōtō where we check in at our next hotel. First destination is the **Shorenin temple**. This was in Mikao Usui's time the head temple of the Tendai Buddhist community, that was located at Mt. Hiei and practiced on Mt. Kurama. It is not known for sure where Usui Sensei practiced Zazen for three years before finding enlightenment on Mt. Kurama but this is one of the most possible locations to be found. Three walking minutes away is **Chion-in**, the head temple of Jōdo-shu, the pure land or Amida Buddhism. If time is left we go to Kyōtō's most popular tourist attraction, the **Fushimi Inari Taisha shrine**.

8th of November 2023 (3rd day)



Destination: Kurama

Overnight stay: Kyōtō

On this day we will have another highlight of the trip: the visit of **Mount Kurama**. 570 meters high, it hosts over twenty temples and shrines. For Reiki practitioners of all lineages, this is a place of great importance, because here Mikao Usui Sensei had his enlightenment experience in 1922 and became aware that as well he had been given the gift of healing. This year 2022 it is exactly 100 years ago, what a special anniversary travel. At the top of the mountain at the **Osugi Gongen temple** we take some time to absorb the energy of the place. After descending, back in the valley we visit the **Kurama Onsen**, have dinner there before heading back to Kyōtō.

9th of November 2023 (4th day)

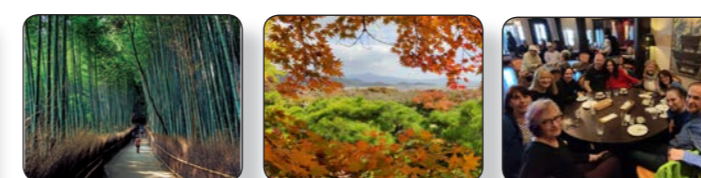


Destination: Kyoto

Overnight stay: Kyoto

An unforgettable site is the **Kinkaku-ji temple**, the „Golden Pavilion“ in the northern part of Kyōtō. Quite close is the **Ryoan-ji temple**, famous for its Zen garden with mystical 15 rocks floating in the sea of white gravel. After the visit you can have free time for shopping. Alternatively you join us going to southern Kyōtō. Here we first visit **Nishi-Hongan-ji temple** near Kyoto station with some impressive halls and a finely carved wooden gate. It's related to Usui Sensei for being pure land Buddhist. Next stop could be the **large Buddhist temple complex near Jr Tofukuji Station**. Nice too is the huge **Kiyomizu-dera temple**, that overlooks the southern Higashiyama district.

10th of November 2023 (5th day)



Destination: Kyōtō

Overnight stay: Mt. Hiei

After checking out and storing luggage, you have the choice again. Free time for shopping or explore more of Kyōtō. That means going by local train to the **Sagano bamboo forest** in Arashiyama. Here we visit the open public **Okochi Mountain Villa** with an impressive garden architecture and stunning view over Kyōtō between the wide mountains. For lunch we go to the Arashiyama Kahaku Dou, a nice restaurant with a colonial ambiance, good and cheap cuisine. Walking back to the train station we stop to visit the **gorgeous Tenryu-ji temple**, part of the UNESCO World Heritage. In the afternoon we pick up our luggage and move to our next hotel at Mt Hiei.

11th of November 2023 (6th day)



Destination: Mt. Hiei

Overnight stay: Mt. Hiei

The sacred mountain east of Kyōtō with its extensive **temple complex Enryaku-ji** is known as the mother of Japanese Buddhism. It includes important **tendai school monasteries**, which have been part of the **UNESCO World Heritage** historical Kyōtō since 1994. The whole place has a very special energy. The restaurant at the Mt. Hiei hotel offers from its upper floor a great view over Japan's biggest lake, **Lake Biwa**. The traditional food is tasty and energetic. Inside the hotel we have a great opportunity for a **fantastic Zazen seminar**.

12th of November 2023 (7th day)



Destination: Mount Hiei

Overnight stay: Nara

This day we can explore more of Mount Hiei. It is believed that Usui Sensei was trained here in Tendai Buddhism. Especially the **temples Jodo-in, Hokke Soji-In, Ninai-do** and **Joko-in** are associated with this philosophy. It is said that in the monasteries there are still copies of old sutra texts on which Usui Sensei's Buddhist name Gyoan could be found. In the afternoon we pick up our luggage stored at the hotel and go by train to our next hotel in Nara.

13th of November 2023 (8th day)



Destination: Nara

Overnight stay: Nara

Our wonderful hotel, right next to the train station, is close to the centre of the old imperial city of Nara. Here we have several attractions such as the **five-level pagoda temple Kofukuji**, the almost **15-metre-high Buddha statue** in the **Tōdai-ji temple** and the **Kasuga-Taisha shrine**, famous for its many lanterns and being part of the UNESCO World Heritage. After dinner you can use the chance for a relaxing time at the onsen. The hotel has lovely gender separated **wellness areas** with indoor and outdoor onsen, sauna and pools. Special dress and equipment is contained in your room.

14th of November 2023 (9th day)



Destination: Nara

Overnight stay: Nara

Today is the first day of the **retreat „The system of Reiki from a traditional Japanese perspective“** with international renown Reiki teacher Frans Stiene. The seminar room is in walking distance, at least at this first day we should leave from the hotel together as group. Recommend is to consider enough time for a great breakfast with huge choice of tasty Japanese and international food, freshly prepared for the self service buffet.

15th of November 2023 (10th day)



Destination: Nara

Overnight stay: Nara

Second day of the **retreat „The system of Reiki from a traditional Japanese perspective“**. As the day before the retreat ends around five pm. You find plenty of nice restaurants on the way back to your hotel. As it is difficult to find space for the whole group especially in Nara for dinner it's recommended to split in small groups.