

HATORI × TAKIGAHARA FARM

# YOGA WORKSHOP

An old style cottage with a waterfall in the middle of majestic nature. Paul, that lives in Komatsu-city, will conduct the Shivam Yoga class. Enjoy the hot spring and lunch after returning from Hatori.

9:30 Leave Hatori ---- 10:00 Yoga Workshop ---- 11:30 Free Time  
---- 12:00 Leave TAKIGAHARAFARM ---- 12:30 Return to Hatori



2017.11.25.Sat

**DATE:** Sunday, November 25 9:30a.m. to 12:30p.m.

**CAPACITY:** 15 people

**PRICE:** Yoga + bath admission 2,500 yen /

Yoga + bath admission + Lunch in Hatori 6,000 yen

**LOCATION:** TAKIGAHARA FARM

**RESERVATION:** Hatori TEL 0761-77-8200 E-mail [info@hatori.jp](mailto:info@hatori.jp)

※There is no need to bring along anything, but you might like to bring a change of clothes and towel if necessary.

※Make sure to wear comfortable clothing.



Paul & Miki

They are a transnational married couple (Irish and Japanese) who immigrated from Ireland to Japan this year in March. They operate Shivam Yoga classes in Komatsu and Kanazawa. Shivam Yoga is a traditional form of yoga which highly values the ancient Indian philosophy from which yoga originates. Ancient Indian people, who revered nature as a part of Mother Earth, and lived in harmony with nature, highly valued Tantric philosophy, which was central to the civilization of the Dravidian peoples. The goal is to look upon the current state of one's own body and mind, accept it, be mindful of it, and elevate it.