

# SETOUCHI

## February 2025

### Setouchi Solo Retreat: Warm Up Your Body and Mind in a Hot spring Town

#### Day 1

February 16, 2025 / Fukuyama

- Lunch** Udon (Monastery Meal)
- Activity**
- ZAZEN (ZEN Meditation) and Walking Meditation
  - Traditional Japanese Calligraphy Experience and Naming Ceremony
- Dinner** Farm-to-table Western Cuisine

#### Day 2

February 17, 2025 / Matsuyama

- Lunch** Medicinal Cuisine
- Activity**
- Morning Yoga
  - Medicinal Cuisine Cooking Class
- Dinner** Setouchi Cuisine (Japanese)

#### Day 3

February 18, 2025 / Saijo

- Lunch** French
- Activity**
- Morning Yoga
  - Strawberry Picking
  - Singing Bowl Meditation
- Dinner** Robotayaki (Japanese-Style Barbecue)

#### Day 4

February 19, 2025 / Imabari

- Lunch** French
- Activity**
- Morning Yoga
  - Goma Fire Ritual
  - Lemon Valley Walk
  - Art Appreciation (The Hill of Hope)

\*Japanese breakfast will be served from day 2 to day 4.



**DAY 1** | February 16, 2025  
Fukuyama

### Itinerary

08:30 AM	Shin-Osaka Station
10:30 AM	Kusado Inari Shrine Visit
12:00 PM	Lunch (Udon)
12:45 PM	Zazen (Zen Meditation) and Walking Meditation
02:45 PM	Japanese Calligraphy and Naming Ceremony
03:20 PM	Stroll Around the Temple and Enjoy the Zen Art
06:20 PM	Check in to the hotel, Soratomori
07:30 AM	Dinner (Western Cuisine)

### Shin-Osaka Station

A Tranquwell representative will meet you at Shin-Osaka Station. Then, take a Shinkansen (bullet train) to Fukuyama Station.

### Lunch (Udon)

Try the thick Yudame Udon eaten by Zen monks. The dish is served in the style of a monastery meal.

### Zen Meditation

After a “still” Zen practice, you will have a “dynamic” Zen practice, switching body and mind to return to reality with renewed energy and clarity.

### Japanese Calligraphy and Naming Ceremony

You will be given a personalized kanji character which had been selected from among the Heart Sutra for each individual tour participant. You will have the opportunity to write the kanji with an ink brush.



DAY 2

February 17, 2025  
Matsuyama

## Itinerary

06:30 AM	Morning Yoga
11:00 AM	Medicinal Cuisine Cooking Class
12:30 PM	Lunch (Medicinal Cuisine )
02:30 PM	Return to the Hotel or Matsuyama Castle Walk *Optional Excursion
05:00 PM	Dogo Onsen Town Stroll
06:30 PM	Dinner (Japanese)
09:00 PM	Return to the Hotel

### Morning Yoga

We begin each day with a walking meditation from the hotel to Hio-Hachiman Shrine, followed by a yoga session at the shrine.

### Medicinal Cuisine Cooking Class

Learn about the basic principles of medicinal cuisine, the effects of various foods on the body, and how to choose and portion ingredients based on our individual needs. Then, we will put our knowledge into practice by having a medicinal cuisine lunch.

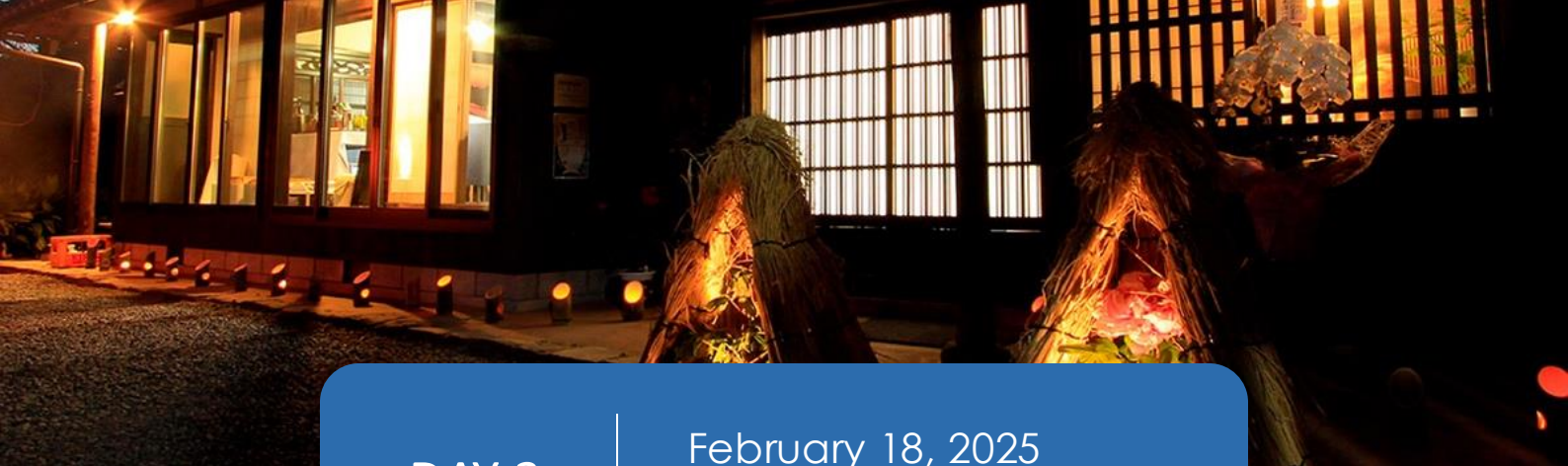
### Dogo Onsen Town Stroll

Enjoy the winter atmosphere of Dogo Onsen while experiencing foot baths and hand baths.

### Dinner (Regional Cuisine)

A course of traditional Japanese cuisine featuring fresh seafood nurtured by the unique topography and currents of the Seto Inland Sea, complemented by seasonal local vegetables and other ingredients.





**DAY 3** | February 18, 2025  
Matsuyama

**Itinerary**

06:30 AM	Morning Yoga
12:40 PM	Lunch (French)
02:30 PM	Strawberry Picking
04:30 PM	Singing Bowl Meditation at Japanese Traditional House
06:30 PM	Dinner (Robatayaki)
08:30 PM	Return to the Hotel

**Lunch (French)**

Savor a French course featuring the freshest, locally sourced vegetables.

**Strawberry Picking**

Experience the taste of freshly picked strawberries cultivated with care using sustainable farming techniques, including reduced pesticide application. Enjoy your harvest with a cup of tea and homemade strawberry jam at the farm's cafe.

**Singing Bowl Meditation**

Immerse yourself in a serene meditation experience in a historic 150-year-old house. Breathe in the purity of the air and the warmth of the wood as you harmonize with the resonant vibrations of singing bowls.

**Dinner (Robatayaki)**

Experience the authentic Japanese lifestyle by warming ourselves around a traditional irori hearth. We will savor Robatayaki (Japanese-Style Barbecue) grilled over hot coals, using fresh, local ingredients. It is a perfect way to unwind and appreciate the simple pleasures of life.





DAY 4

February 19, 2025  
Matsuyama

## Itinerary

06:30 AM	Morning Yoga
09:50 AM	Goma Fire Ritual at Ishiteji Temple
01:15 PM	Lunch (French)
03:00 PM	Lemon Valley Walk
03:30 PM	Art Appreciation (The Hill of Hope)
05:30 PM	Arrive at Fukuyama Station

### Goma Fire Ritual at Ishiteji Temple

Discover the ancient traditions of a 1300-year-old temple famous for its blessings of fertility and health. Take part in a sacred fire ritual to purify your spirit and ward off evil. Following the ritual, engage in the traditional practice of sand-stroking, using sacred sand gathered from 88 temples, to free yourself from worldly attachments and promote peace and well-being.

### Lemon Valley Walk

Take a refreshing stroll through Lemon Valley on Ikuchijima Island, the top lemon-producing region in Japan. Enjoy the invigorating scent of lemons as you walk.

### Art Appreciation (The Hill of Hope)

Spanning 5,000 square meters, this garden is a serene sanctuary of white marble. Every element, from the shape and color of the surrounding landscape to the effects of wind, rain, and light, has been carefully considered. Visitors are invited to touch the marble and reflect upon the interconnectedness of nature, self, and the future.

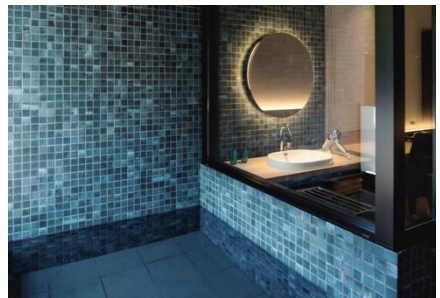
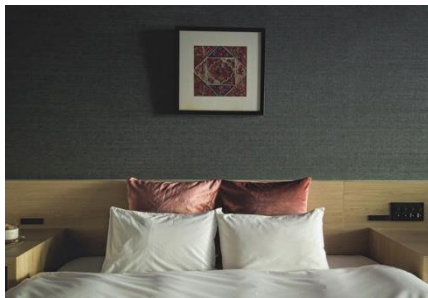




## Accommodation and Price Information

### Higashidogo SoratoMori

The hotel offers a tranquil retreat where you can harmonize body and mind, surrounded by nature. Indulge in the healing powers of our natural hot spring, a local treasure for centuries. Pamper yourself in the comfort of your private hot spring in your room, and let the soothing waters wash away your stress and rejuvenate your body.



**\$2,660 per person**

This retreat is for solo travelers.

All prices are in US dollars.

**All prices are per person based on single occupancy.**

Our small group tours require a minimum number of participants to enable us to operate them. If the minimum number of bookings required for a particular holiday has not been received, we are entitled to cancel it. We will notify you or your travel agent of cancellation no less than 30 days before departure and issue a full refund.

#### What is included in the price:

- All accommodation
- All meals (3 meals per day)
- All transportation from the meeting point
- The services of an English-speaking group leader

#### What is not included in the price:

- International flights to/from Japan
- Airport transfers, taxes and excess baggage charges
- Visa and passport fees
- Travel insurance
- Optional activities and all personal expenses
- Extra meals and drinks
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