

Japan Yoga & Pilates Holiday

30th March – 8th April 2026

From
£2600 p/p*

*Based on 2 people
sharing a standard
double/twin room with
private bathroom (single
room option available).

Pay deposit



Are you ready for your once in a lifetime dream to come true? Then join me for a holiday filled with yoga, Pilates, culture, sight-seeing, food, cherry blossoms, and fun in Japan!

The retreat will be held at the beautiful 4* Spa & Hotel Suishun Matsuiyamate in Kyoto and the stunning 4* Nipponia Sasayama Castle Town Hotel in Osaka. You can choose to share your room with another yogi/yogini or stay on your own. You will have the opportunity to practice your morning/evening yoga outdoors, under the cherry blossoms.

In April, temperatures in Kyoto and Osaka begin to warm up after winter, with average daytime highs around 20°C. Although mornings and evenings can still feel cool around 10°C, the sunnier and mild days make it perfect for a pleasant holiday.

[Reserve now](#)

Prices are inclusive of:

- 9-night accommodation at Spa & Hotel Suishun Matsuiyamate in Kyoto and Nipponia Sasayama Castle Town Hotel in Osaka.
- 9 days 1 hour Yoga and/or Meditation and 1 hour Pilates sessions with Suzan Altay (either at the hotel or at sightseeing destinations).
- 5 days HB (breakfast & dinner), 4 days BB (breakfast).
- Excursion transfers and tour guides.
- Entry Fees

Prices are exclusive of:

- Flights
- Airport-Hotel Transfers
- Room supplements

Single Supplement in a standard room: £900

- Extra nights

Itinerary:

- **Day 1, Monday 30th March 2026:**

Check-in to Spa & Hotel Suishun Matsuiyamate

- **Day 2, Tuesday 31st March 2026:**

(1 hour yoga/Pilates/meditation and breakfast included)

Kyoto Imperial Palace Park

Fushimi Inari Shrine

Gion - Tea Ceremony & Kimono Experience

- **Day 3, Wednesday 1st April 2026:**

(1 hour yoga/Pilates/meditation and breakfast included)

Arashiyama Bamboo Forest

Tenryu-ji Temple and its Zen Garden

Togetsukyo Bridge

- **Day 4, Thursday 2nd April 2026:**

(1 hour yoga/Pilates/meditation and breakfast included)

Nara Park

Todai-ji Temple

- **Day 5, Friday 3rd April 2026:**

(2 hours yoga/Pilates/meditation and breakfast & dinner included).

Transfer to Osaka

Free day

- **Day 6, Saturday 4th April 2026:**

(2 hours yoga/Pilates/meditation and breakfast & dinner included)

Minoo Park

Sumiyoshi Taisha Shrine

Shitennoji Temple

- **Day 7, Sunday 5th April 2026:**

(2 hours yoga/Pilates/meditation and breakfast & dinner included)

Free day

- **Day 8, Monday 6th April 2026:**

(2 hours yoga/Pilates/meditation and breakfast & dinner included)

Osaka Castle

Dotonbori

City-culture strolls

- **Day 9, Tuesday 7th April 2026:**

(2 hours yoga/Pilates/meditation and breakfast & dinner included)

Free day

- **Day 10, Wednesday 8th April 2026:**

(2 hours yoga/Pilates/meditation and Breakfast included)

Check out

LearnYogaLondon 30th March - 08th April 2026 Yoga & Pilates Holiday Terms and Conditions:

1. Deposit and Payment

- 1.1 A non-refundable, non-transferable deposit of **40%** of the total retreat price is required at the time of booking for each participant.
- 1.2 The remaining balance must be paid no later than **4 weeks prior to the retreat start date**.
- 1.3 Bookings made within **4 weeks** of the retreat start date must be paid in full at the time of booking.
- 1.4 If the deposit or final balance is not received by the stated deadline, LearnYogaLondon reserves the right to cancel the reservation and retain the deposit.

2. Cancellation by the Participant

- 2.1 The deposit is strictly non-refundable.
- 2.2 In the event of cancellation by the participant, the following refund schedule applies (excluding the deposit):
 - Cancellation **0–2 weeks** before arrival: **0% refund**
 - Cancellation **2–4 weeks** before arrival: **25% refund**
 - Cancellation **4–8 weeks** before arrival: **50% refund**
 - Cancellation **more than 8 weeks** before arrival: **100% refund**

3. Payment Currency and Bank Charges

- 3.1 All payments must be made in **GBP (Great British Pounds)**.
- 3.2 Participants are responsible for all transfer fees, including intermediary bank charges.
- 3.3 It is the participant's responsibility to ensure that payments are sent in GBP. If funds are received in another currency, the participant will be liable for any exchange-rate differences or shortfalls.

4. Cancellation by LearnYogaLondon

- 4.1 In the unlikely event that LearnYogaLondon must cancel the retreat due to teacher unavailability, failure to meet the minimum required number of **8 participants**, or reasons beyond our control, the full amount paid by the participant will be refunded.
- 4.2 LearnYogaLondon is not responsible for any additional costs incurred by participants (e.g., flights, insurance, visas).

5. Participant Responsibilities

- 5.1 Participants must review their booking confirmation and ensure that all personal details are correct.
- 5.2 Participants are responsible for ensuring they have valid travel documentation, including passports and visas, and that they comply with the entry requirements for Japan.
(<https://www.gov.uk/foreign-travel-advice/japan/entry-requirements>,
https://www.uk.embjapan.go.jp/itpr_en/index_000025.html).

6. Health, Safety & Fitness

- 6.1 Participants must comply with all health and safety guidelines provided by LearnYogaLondon.
- 6.2 It is the participant's responsibility to ensure they are medically and physically fit to take part in yoga, Pilates, walking activities, and any other retreat sessions.
- 6.3 Participants with injuries or health concerns should seek medical advice prior to attending the retreat.
- 6.4 LearnYogaLondon is not liable for injuries that occur as a result of participation in activities. Participants must stop exercising immediately if they feel unwell or experience pain and inform the instructor of any pre-existing conditions.

7. Personal Belongings

- 7.1 LearnYogaLondon cannot accept responsibility for loss, theft, or damage to participants' personal belongings or valuables.

8. Force Majeure

- 8.1 LearnYogaLondon is not liable for delays, disruptions, or non-performance caused by circumstances beyond its reasonable control, including (but not limited to):
natural disasters, acts of God, war, civil unrest, epidemics or pandemics, airline or supplier insolvency, strikes, flight cancellations or changes, government restrictions, travel bans, or third-party failures.

9. Travel and Medical Insurance

- 9.1 Participants are strongly advised to obtain adequate travel, cancellation, and medical insurance for the full duration of the trip. Insurance should cover retreat activities, flights, illness, and unforeseen cancellations.