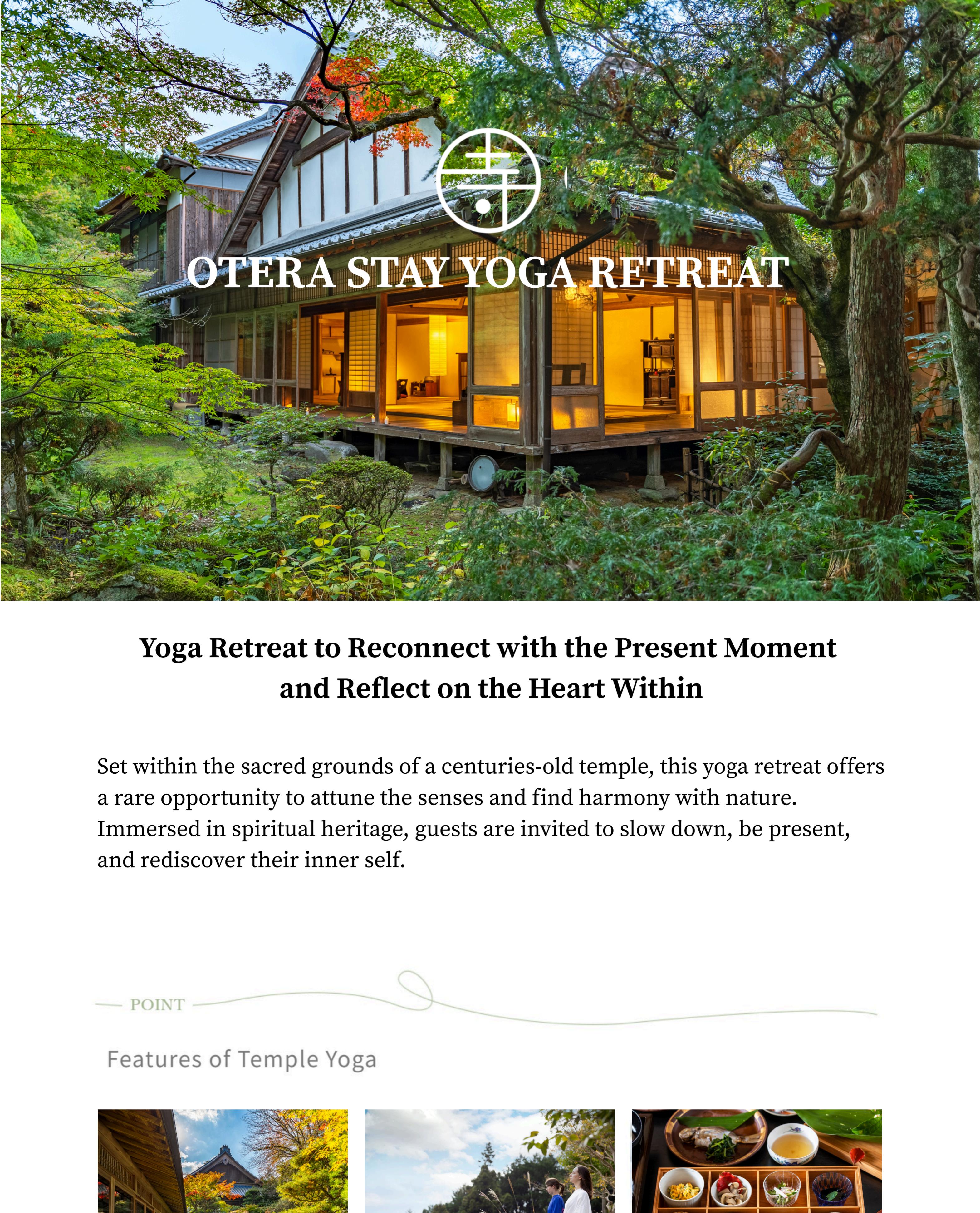




OTERA STAY YOGA RETREAT



Yoga Retreat to Reconnect with the Present Moment and Reflect on the Heart Within

Set within the sacred grounds of a centuries-old temple, this yoga retreat offers a rare opportunity to attune the senses and find harmony with nature. Immersed in spiritual heritage, guests are invited to slow down, be present, and rediscover their inner self.

POINT

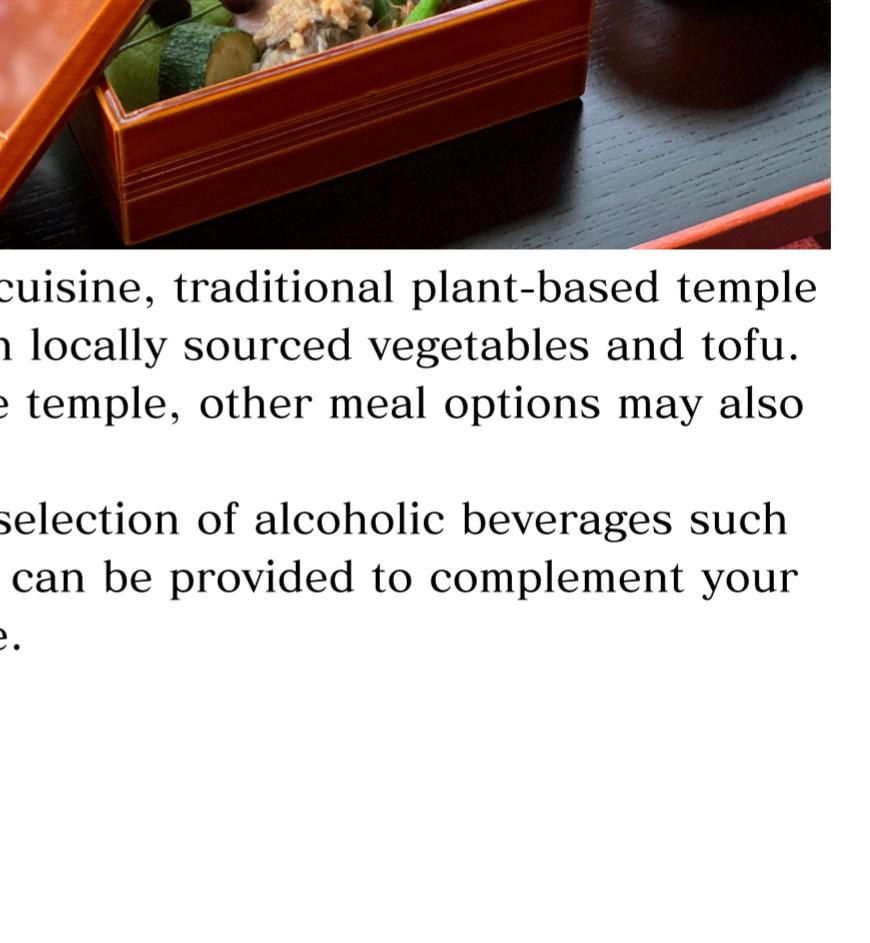
Features of Temple Yoga



A temple steeped in history and tradition offers a serene, sacred atmosphere where stillness and purity abound. Practicing yoga in this tranquil setting awakens the senses and brings deep balance to both body and mind. Step away from the noise of everyday life and take time to reconnect with yourself—gently, mindfully, and with intention.



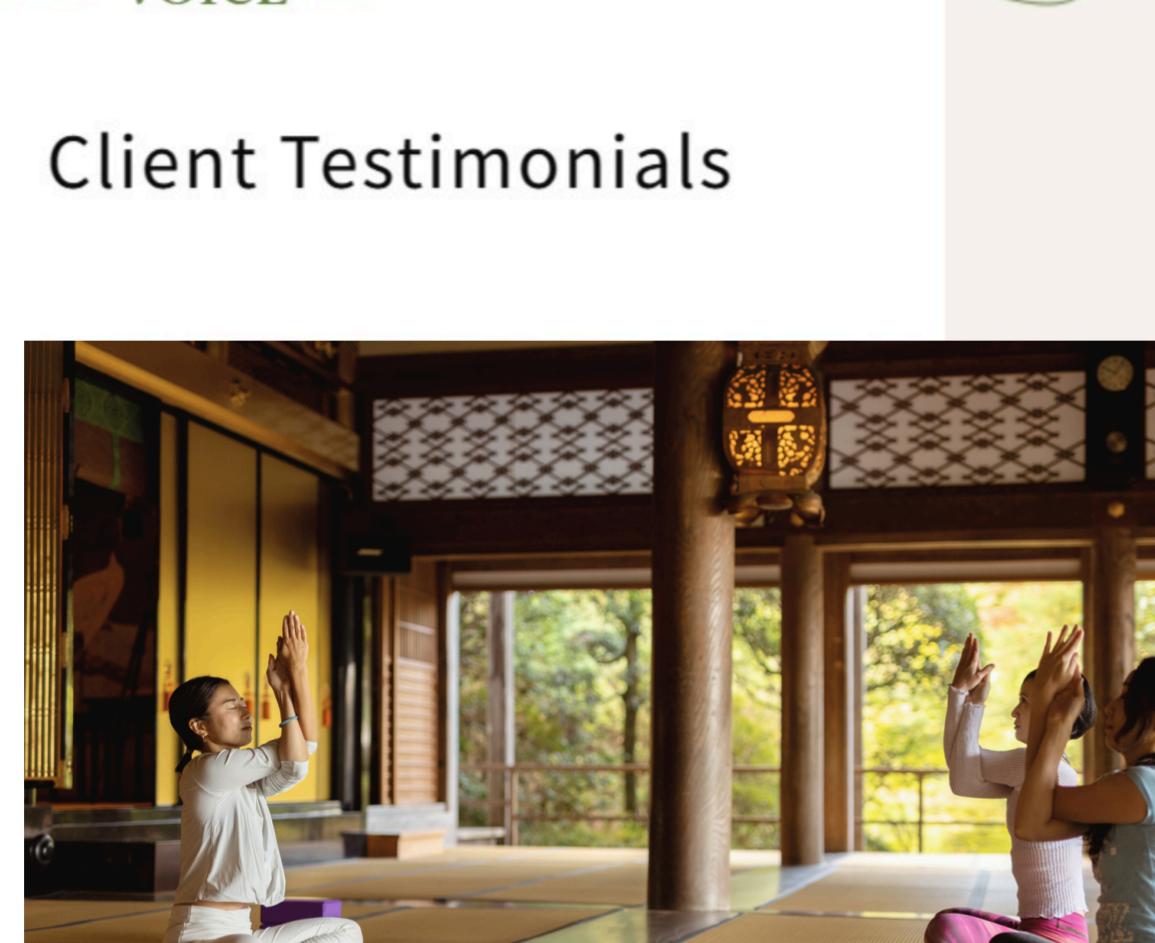
Start your day with clarity and intention through morning rituals unique to temple life. Experience workshops only a temple can offer such as sutra copying and meditation—deeply rooted in spiritual discipline, designed to calm the mind and sharpen your focus.



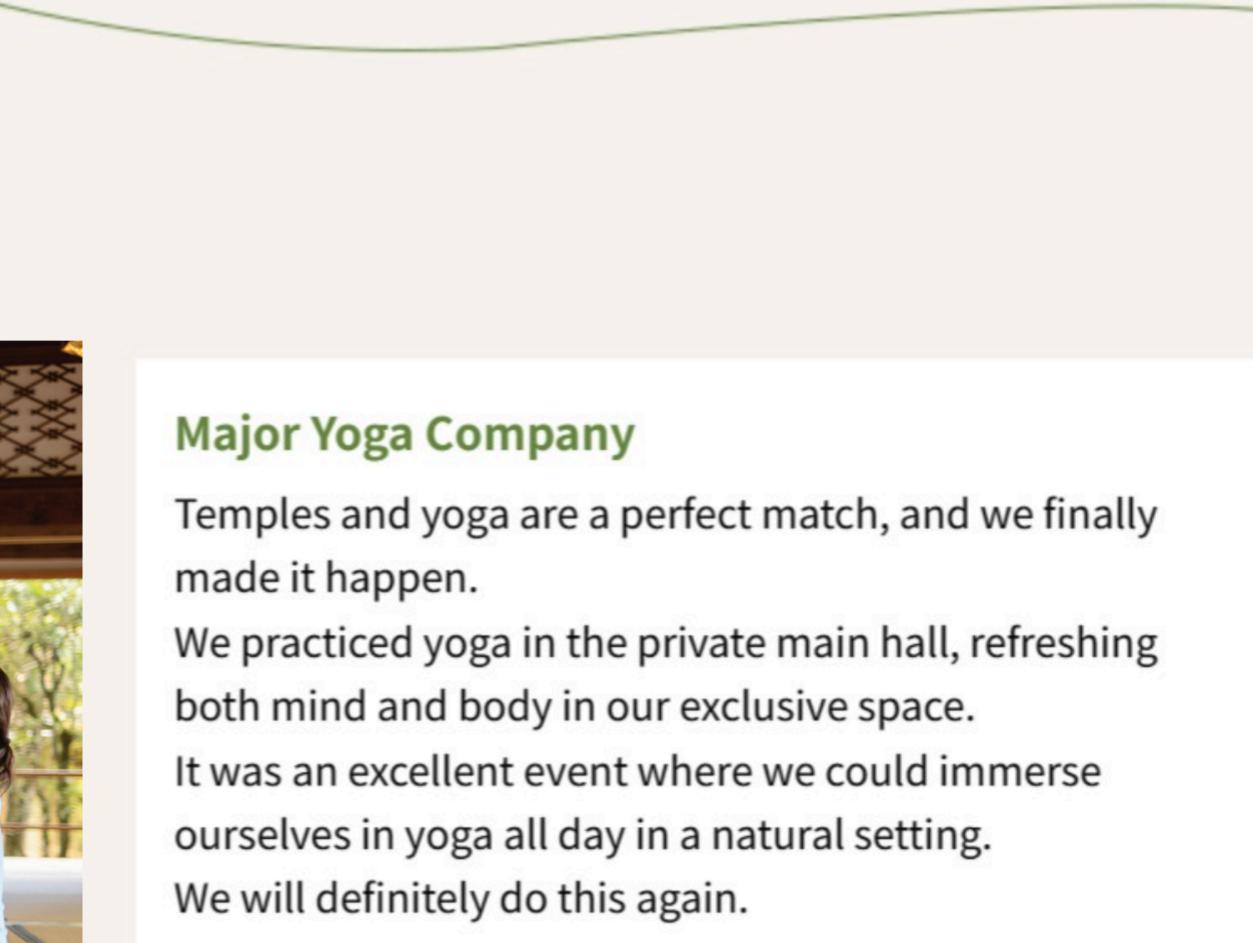
Shojin cuisine is more than just a meal—it's a mindful practice that nourishes both body and spirit. Made entirely from plant-based ingredients such as seasonal vegetables, legumes, and grains, this traditional Buddhist cuisine avoids all animal products. Through simple yet thoughtful preparation methods that highlight the natural flavors of each ingredient, Shojin cuisine offers a low-calorie, nutrient-rich dining experience that honors balance, seasonality, and purity.

SERVICE

OTERA STAY Service



OTERA STAY partners with over 60 temples across Japan, including some located along the sacred UNESCO World Heritage site of the Kumano Kodo pilgrimage route. We offer personalized recommendations based on your preferred travel time, group size, and specific needs.



In addition to individual guests, we also welcome group and corporate yoga retreats.

To ensure a smooth and comfortable experience, our facilities are equipped with essential yoga props and reliable internet connectivity.

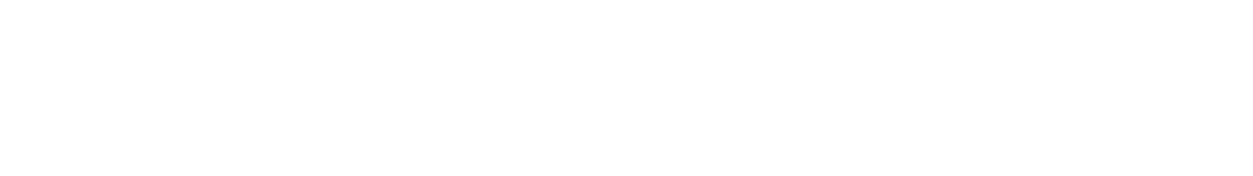


We serve Shojin cuisine, traditional plant-based temple cuisine made with locally sourced vegetables and tofu. Depending on the temple, other meal options may also be available.

Upon request, a selection of alcoholic beverages such as beer and wine can be provided to complement your dining experience.



In addition to traditional experiences such as meditation, sutra copying, and tea ceremony, we also offer a variety of activities including sauna sessions and outdoor adventures for a well-rounded and rejuvenating stay.



Is there air conditioning and heating?

Also, what is the maximum group size you can accommodate?

Is there a curfew?

Can I change the check-in and check-out times?

Can we check in early for meetings?

Can I store my luggage before check-in or after check-out?

What equipment is available?

Do you provide yoga mats and yoga blocks?

Can we drink alcohol?

What is the minimum number of participants required?

Can you arrange meals?

Also, what is the maximum group size you can accommodate?

Can we book a room?

Do you accept credit cards?

Is parking available? If so, is there a fee?

How do you handle the storage of valuables?

Can we book a room?

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