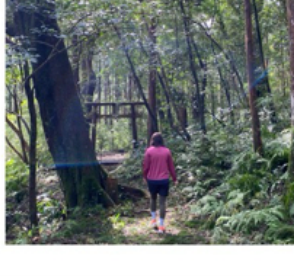
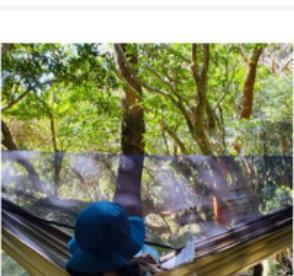
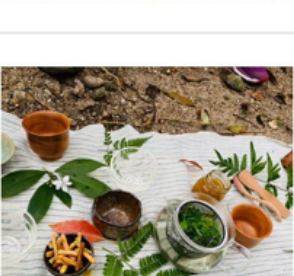
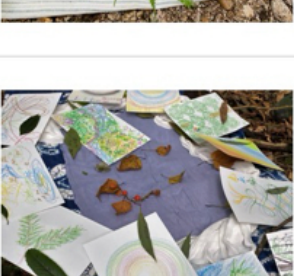


Main Sessions

Half-Day Session		
9:00 - 12:00 OR 13:00 - 16:00 (transit time incl.)	Enjoy a half-day version of our one-day course. Reconnect with nature through sensory embodiment, and align with the rhythm of the forest. Indulge in a forest tea gathering whilst you experience new facets of the forest. The fee includes transportation, tea/snacks, and all necessary equipment.	¥22,000/person (tax incl.)
One-Day Session		
9:00 - 15:30 (transit time incl.)	Bodywork, sensory work, therapeutic lunch, hammock relaxation, artwork, tea time, reflection. This one-day course is perfect for those who are tired of their day-to-day; those who want a full-sensory taste of the forest; those who are repeat-visitors to Yakushima; and those who love a good hammock. The fee includes transportation, tea/snacks, and all necessary equipment. (The therapy lunch is optional)	¥29,700/person (tax incl.)

※ In addition to the prices listed above, fully private bookings and/or one-on-one will incur an additional fee:
¥11,800 for half-day session
¥17,800 for one-day session

※ Lunch as part of the program is totally OPTIONAL and will incur an additional fee.

One-Day Session Basic Flow	
	9:30 - 10:00 Shrine Greeting We'll first pay our respects to the forest in the traditional way of Yakushima: by visiting a local shrine and gathering our intentions for the day.
	10:00 - 10:30 Forest Stretch Before venturing into the heart of the forest, let us first stretch out any tension and rigidity.
	10:30 - 12:00 Sensory Work & Bodyfulness We'll engage the senses and return awareness to the body. Slow down, and begin to rediscover your innate connection to nature.
	12:00 - 12:45 Therapeutic Lunch (OPTIONAL) Enjoy a healthful, vegan lunch made with only the freshest local ingredients.
	12:45 - 13:45 Hammock Relaxation After your delicious lunch, bask in the dappled forest light and let the breeze gently rock you to and fro while you relax into your hammock-nap.
	13:45 - 14:30 Forest Tea Gathering Enjoy local herbal tea and snacks while we let the forest dye us to deeper shades of multi-hue green.
	14:30 - 15:30 Reflections We'll use various artistic media to express our reflections on the day's experiences. This includes, of course, dialogue on how to integrate the forest's teachings into our daily lives.

Special Sessions

The Time is Always Right for deep Shinrin-yoku		
Lackadaisical Sunrise Session	Enjoy shinrin-yoku in tandem with the rising of the sun (2 hours; 8:00 - 10:30).	Contact us for more details.
Lunchtime Session	A short shinrin-yoku program to go with a deliciously local, plant-based lunch (2 hours; 11:30 - 13:30).	Contact us for details.
Sunset Session	deep Shinrin-yoku by the light of the setting sun (2 hours; time will vary by season).	Contact us for details.
Full Moon Session	Experience a beautiful collaboration between forest and moonlight with our full moon deep Shinrin-yoku session (2 hours; time will vary by season)	Contact us for more details.
Birthday deep Shinrin-yoku		
What better way to celebrate your or a loved one's birthday than with a sensorially redolent communion with nature via shinrin-yoku? Let KaleidoForest help you create an unforgettable birthday experience in the forest.		Contact us for more details.

Forest Overnight Program

Forest Overnight Program		
2 days, 1 night	Take in Yakushima's forests by moon- and starlight. Enjoy a night of camping with the complement of a special nighttime deep Shinrin-yoku session.	Contact us for more details.

Special Collaboration Sessions

Lyre & deep Shinrin-yoku		
One-day; Half-day (AM or PM)	Open your senses whilst plucking at the resonant strings of a lyre with this unique deep Shinrin-yoku collaboration.	Contact us for details.
deep Forest Voice		
One-day	Borrow the power of the forest to find your voice. Join Makiko Sugishita (Forest Therapist; KaleidoForest Co., Ltd.) and Ayako Inaba (Aromatherapist & Voice Healer; Aroma Sundries) for a slow-paced session of sense-opening deep Shinrin-yoku and voice-based self-discovery.	Contact us for more details.

Online deep Shinrin-yoku

Online deep Shinrin-yoku		
120 - 150 minutes	Interested in KaleidoForest's deep Shinrin-yoku, but far away from Yakushima? That's no problem—bring the forest to you with an online, sense-opening forest therapy session.	Contact us for more details.

Lecture: deep Shinrin-yoku

Lecture: deep Shinrin-yoku		
60 minutes	The world of shinrin-yoku stretches wide and deep. KaleidoForest offers educational lecture sessions that will deepen your understanding of forest bathing, its history, and its effects. Brainstorm strategies for incorporating the teachings of the forest into your daily or professional life. Available as both a stand-alone service as well as a package set including a deep Shinrin-yoku session.	Contact us for more details.

<Cancellation Policy>

Cancellations will incur a cancellation fee beginning 7 days prior to your reservation.
7-3 days prior : 30% of program cost
Before 17:00 one day prior : 50% of program cost
After 17:00 one day prior / day-of : full program cost

Necessary cancellations due to inclement weather or related ferry/plane cancellations will not incur a cancellation fee.

<Session location, meeting place/time>

Final decisions will be made based on weather conditions and guest circumstances.

<A note on attire>

- Comfortable clothes (long pants and socks to cover the ankles) and comfortable shoes.
- Warm clothes like jacket or overcoat, especially in the fall and the winter seasons. Slow-flowing time spent in the forest can be quite cool upon the skin, especially when you're resting in a hammock.
- Appropriate outdoor attire to move through the bush & avoid insect bites.

<What to bring>

- Daypack, drinks, towel, rain gear (rainwear and umbrella), insect and leech repellent spray, additional warm clothes to your liking, etc.

<Extra bits>

- We ask that you do your best to disconnect from the digital world and switch your cell phones to 'off' or 'airplane mode' while in the forest (note: taking pictures with your cell phone camera is fine).
- Please ensure your health condition for the days leading up to your session.