

Courses & Events:

Bookings are required for courses & events, with a 20% deposit at least 1 week prior (except casual classes) Pls send to St Kilda

Early Morning Intensives

improves our body and mind-heart condition and
helps us to enjoy the richness of the day.



I wake up ~ I am living now.
Pure Morning. I am living from my power.
Nature and other people are helping me live,
not myself alone.
I am living through the help of others.

Wed & Thu 6:05 – 7:15am

17 Jan 4 Wks \$110 W1-3 Asana with Shiatsu

W4 Kyoka-ho

21 Feb 4 Wks \$110. W1-2 Dozen W3-4 Correction

Trials available 1 week (2 days), \$30



Leader (teacher) Training 2018

1st 3rd Sat. Month 3-6pm + Healing Course Thurs.

Oki-do Teacher/Leader Training Y1 10 Months
1&3 Sat 3-6pm + Healing course, then next step

Y2. Are you interested to know about Human life (body, mind-heart & life) Learn the principals of Oki-do Yoga, wishing everybody happiness & spiritual growth in our lives. Everyone Welcome.

Leader Training Retreat 20-21 Jan

Feb 3 & 17 sat. + Healing course.



★ Tea Ceremony (Edo-senke)

by Sosen (Master name)

Create special time to share with each other & nature

eg: winter solstice, full moon, personal life events

Experience traditional Japanese Tea Ceremony.

Learning Tea Ceremony (connect to

Zen Buddhism) helps self-development.

New Year Tea Ceremony 13 Jan \$30

Celebrate first step of 2018.

6:30-7:30am. Book by 10 Jan.

St Kilda Dojo

Holistic Study

Oki-Do Yoga has a holistic learning approach

Learn & practice 5 points: body & movement, mind-heart &

Spirituality, diet & nutrition, breathing & environment.

★ 3 Week Healing & Diet Course

Thurs 6:10– 8pm \$100 (single class 35)

1,8 & 15 Feb. Oki-do corrective exercise.

Learn your body system; unbalance of physical & movement, correction.

1,8,15 March Digestive Organs

★ Japanese Cooking Classes

Japanese/Macrobiotic (3-6 people)

Pls bring apron, knife, slippers & notebook

Sunday's 9:45-11:45pm \$65.

28 Jan: Summer food.

18 Feb: Noodle dishes

Bookings necessary to complete ones preparations

Private Cooking Classes (3-6 people)

Learn basic cooking, macrobiotic &

Japanese cooking techniques.

No yoga experience necessary, all welcome.

★ Australia Day Workshop

Fri 26th Jan \$125 Full day

9-11am Basic Asana with relation points \$35

11:30-1:30pm Summer Cooking \$65

2-4 Beginning of Year, Healing.

★ Flexible body workshop

Sat. 27 Jan 8:30-10:20am \$35.

Do you feel like your body is stiff?

This workshop is designed to

Increase flexibility in your body.

Other Locations

Carlton Neighbourhood Learning Centre (CNLC)

(Enter via side entrance, bring mat & hand towel)

Early Morning Intensives (Min 4 students)

Tues & Fri 6:15 – 7:45am

Coming Soon: Cooking classes & events

★ Autumn Retreat.

Castlemaine: Sprout bakery, Halford St Castlemaine

Mornington Peninsula, Mt Martha House

Contact:

Castlemaine – Patricia 0448 014 413

Mornington – Rachel 0420 336 307 / 5977-2190

We would like to share Oki-Do yoga & healing, expanding into other areas, if you have a space available please contact us to arrange a class or workshop (yoga, healing/shiatsu, cooking) & Oki-Do activities you are interested in, any ideas welcome.

★=More information is available on separate brochure by request

Oki-do New Year Gathering & Open Day

Sat 20 Jan 10:30-12pm

Bring snack to share, bring a friend
everyone welcome!

Comment from Oki-Do Centre:

We learn and practice Oki-Do Yoga in our daily life to achieve a state of happiness. We Recognize everyone's personality is different and respect each other. We wishing that the Oki-Do Yoga Centre will grow more, please tell us to your idea for Oki-Do activities.

Gassho

What is Oki-Do?

Oki-Do is to be able to relate to all people and to all situations with the mind of gratitude and acceptance.

To connect with the truth of our feelings means to be free to deeply feel, think and do. In this way, we can understand what it is to be natural in body, mind and lifestyle as the basis of health, happiness and peace.

Holistic Study: An open mind-heart is the foundation and the first step of all yoga study. Asana, Oki-Do movement, breathing, diet, philosophy, environment, healing and meditation. We learn to share and to study with each other. These activities help you to study and practice yoga in daily life and to achieve happiness and richness in your own and others' lives.

Masahiro Oki (1919-1985) established Oki-Do Yoga from his knowledge and practice of eastern and western medicines and many different religions: "The society for searching truth through practice". An essential characteristic is that it unifies many fields of human experience, and the teachings are understandable and practical in modern life.

It is a way of searching for truth through daily life.

The centre in Melbourne was directed by Takao Nakazawa 1984 and since 1998, has been directed by Izumi (Yuko) Inadera. Both trained in Japan.



**Friends of Oki-Do
& Membership \$50/year**

Individual Consultations *Bookings essential

Izumi (Yuko) Inadera

Oki-Do & Oriental Healing & Treatments

• **Oki-Do healing treatment:**

(shiatsu, sotaï, corrective exercises, dietary advice)

• **6 month personal treatment plans** (3-6 times) available for treatment of health issues and different physical imbalances including eye problems, neck, shoulder & back pain/problems, insomnia etc. Learn self-maintenance, how to release stress.

Teaching (individual or group)

Tea Ceremony Private Yoga & Cooking



Castlemaine (VIC): Patricia 0448 014 413

Red Rock (NSW): Naomi 0419 864 698

naomisteinborner@gmail.com

Classes Timetable

Classes encourage best health and enjoyment

Our Activities are a synthesis of Indian Yoga, Chinese Tao & Japanese Zen. Oki-Do also incorporates Zen Shiatsu, Macrobiotic & Oriental healing. It helps to develop one's flexibility, strength & creativity. In class we combine Yoga movement & shiatsu for self & others. The aim is that each of us has joy and peace in our life, & to connect with self and others, nature and spirituality.

There is no selection for age or level, we learn from each other.

| St Kilda 20A Neptune St | Other Area |
|---|----------------------|
| 6-8pm | Mon |
| | Tue CNLC 6:10-7:40pm |
| | Wed |
| | Thu |
| 6:15-7:45pm | Fri |
| 8:45-10:15am 1 st , 2 nd & 3 rd Sat of month (13 Jan start) | Sat |
| | Sun |

Students are requested to check above timetable & details below.

Please note: No classes during **Public Holidays & Retreats** (see overleaf) & Summer Break 25 Dec – 12 Jan, 2018.

St Kilda Class Costs:

- Classes: 1.5hrs \$18/16 conc; 2hrs \$20/18 conc

Other Areas:

(CNLC) Carlton neighbourhood learning centre

20 Princes Street Carlton North (enter from side gate)

Mornington Community Centre Albert St.

Cost: 1.5hr \$20

10 class card available (valid for 6 mths) \$185.

Bring mat & hand towel.

Oki-Do

Yoga & Healing

生命即神

Summer 2018

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*Oki-Do Yoga was developed by the Japanese master Masahiro Oki.
It is an holistic way to listen to life force.*