

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

March 28 – 2 Weeks \$60

May 2 - 4 Weeks \$110

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.



* 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.

* Anzac Day Workshop 2-4:15pm \$40

Learning how to use body:

Don't over stress your body

Be comfortable & conserve energy in your body.

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)

5, & 26 April, 3 May Shiatsu at home

Simply & gentle Shiatsu for everyone.

10,17,24 May back problem

Learn why we have back problem's & how to maintain your body.

* **Japanese Cooking Classes**

Japanese/Macrobiotic *(4-10 people)*

Pickled ginger with Amasu

[honey+vinegar] \$35

Bring 300g fresh young ginger & jar[clean]with lid. Sharp knife.

I can organize for who would like to have a class

[can only get fresh young ginger until end of April]

Private Cooking Classes *(3-6 people)*

Learn basic cooking, macrobiotic & Japanese cooking techniques.

No yoga experience necessary, all welcome.

* Easter Retreat & Discovery

Sat 31 April 3-8:30pm \$95 (includes light meal)

& Sun 8:30-2pm \$85 (BYO lunch)

(Optional sleep over) \$170 Full

Topic: Learn & practice Oki-do yoga movement, meditation, oriental healing & philosophy.

Aim: Flexibility & enhancing body &

mind-heart. Unite mind-heart & body.

Also unite own-self & others (including universe/spirit)

To create joy & happiness in your life

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

May 1 – 3 Weeks \$120

Coming Soon: Cooking classes & events

Castlemaine: Sprout bakery, Walker 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**

Tue 3 April CNLC 3:00-5:10pm \$40

Learning how to use body: [don't over stress your body,

be comfortable and conserve the energy in your body.]

E.G. pain in your back – movement to effect relief and protection. Also help with problems with cramp and oedema .

Which movement is less stressful your body. – Learning through doing [body experience]

E.G. how to stand up from sitting. / Use computer well for your body / protect knee problem / neck to shoulder tension.

Our body activities are not only muscle condition. Body movement uses mind-heart [imagination/mind] / muscle / energy / Hara [Tanden] (Centre of gravity).

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, sotai, 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

Casual 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	<u>Other Area</u>
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) **Study Break 11-24 April –No Casual Classes**

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

Autumn 2018

St Kilda Dojo (centre)
20a Neptune St, 3182

Phone/fax: (03) 9534 2665

infookidovic@gmail.com

yukoizumi09@yahoo.com

www.okido.org.au

facebook.com/okiyogaofficial

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