



## JOURNEY TO WHERE IT ALL BEGAN

A Pilgrimage to Japan  
for Students of Any Level of Reiki.

APRIL 7-15, 2024

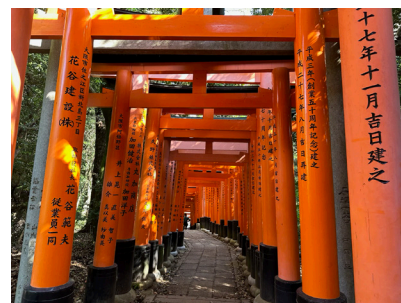
The tour fee is US \$3,650 (excludes airfare).

*“A Journey to Where it All Began,” is a spiritually enriching tour to Japan to discover the birthplace of reiki. The tour led by Reiki Master Christopher Tellez of SF Reiki Center and guide Keiko Mukai, offers a unique opportunity for reiki students of all levels to delve deep into the origins of this spiritual practice.*

Our trip begins in Kyoto, known for its rich history and cultural significance. We will immerse ourselves in the Japanese culture through frequent temple visits and by climbing Mount Kurama. We will practice self treatment daily and reiki meditation. At Mount Kurama we will explore various temples and sacred spots visited by Usui Sensei as he ascended the mountain for his fateful 21-day fast and meditation which led him to Reiki. This part of the journey can be deeply moving and insightful for those on the tour. Upon descending Mount Kurama we will explore Kibune (a UNESCO World Heritage site) and one of the most scenic riverside towns in Japan which offers beautiful moments of serenity and reflection.

Lastly, our guides will lead us to the famous Arashiyama Bamboo Forest and the tori gates of the Fushi Inari Shrine to experience Japanese culture, both ancient and modern. The juxtaposition of these two iconic locations will give participants a well-rounded perspective on Japan’s spiritual and cultural heritage.

Overall, “A Journey to Where it All Began” offers a unique and immersive experience for Reiki students and practitioners to connect with the origins of their practice, deepen their understanding, and grow spiritually.



S F R E I K I  
C E N T E R

For full itinerary and to Register visit  
[www.sfreikicenter.com/japan-tour](http://www.sfreikicenter.com/japan-tour)

## **JOURNEY TO WHERE IT ALL BEGAN**

*A Pilgrimage to Japan for Students of Any Level of Reiki*

April 7-15, 2024

1	April 07, 2024 Sunday	Kyoto	Welcome to Japan
2	April 08, 2024 Monday	Kyoto	Eastern Kyoto
3	April 09, 2024 Tuesday	Kyoto	Kurama Day 1
4	April 10, 2024 Wednesday	Kyoto	Fushimi's Torii Gates
5	April 11, 2024 Thursday	Kyoto	Kurama Day 2
6	April 12, 2024 Friday	Kyoto	FREE DAY or Bicycle Tour (EBike) extra fee
7	April 13, 2024 Saturday	Kyoto	Kurama Day 3
8	April 14, 2024 Sunday	Kyoto	Western Kyoto Arashiyama
9	April 15, 2024 Monday	Departure	Sayonara

\* Itinerary subject to change based on weather

Tour fee: \$3,650 (single room), \$1000 non refundable deposit

<https://www.hotel-tou.com/en/>

### **What's Included:**

- 9 days and 8 nights
- Transport to and from airport to hotel
- 17 meals: 8 breakfasts, 6 lunches, 4 dinners, Four Open Evenings for you to explore Kyoto' restaurant and nightlife scene
- Our exclusive *Reiki Historical Guide to Japan*
- All admission fees
- Professional guides
- Provided interpretation from Japanese to English
- Organizational costs

Prerequisites- Be a Reiki Student and be able to walk 4 to 6 miles and at least 7 miles on Kurama days.

Note: we take public transport so walking is to and from public transport. We have allotted Taxi money for those who need it but we really encourage everyone to train beforehand and walk a lot during our time together.

Day 1. April 7th

Arrive KIX airport to receive transport from airport to Hotel (try to arrive in afternoon)  
Orientation dinner. Between 6pm and 7pm (Included)

Day 2. April 8th Eastern Kyoto

- Yasaka Shrine- Chion-in Temple
- Enjoy Lunch at a local Restaurant
- Tea Ceremony
- Free Time
- Enjoy Dinner at a Local Restaurant (included)

Day 3. April 9th Kurama Day 1

- Walk in the footsteps on Usui
- Lunch on Kurama
- Hike to top of Kurama
- Open Evening for you to explore restaurants, bars, karaoke, and other activities around Kyoto (self-pay).

Day 4. April 10<sup>th</sup> Fushimi's Torii Gates

- Fushimi Inari Taisha, famed for its thousands of brilliant red torii gates
- Walk the trail to the top of Inari Mountain for a great view of Kyoto City
- Enjoy Lunch at a local Restaurant
- Sanjusangendo Temple
- Free time for shopping
- Dinner at a local restaurant (In Pontocho Alley)

Day 5. April 11th Kurama Day 2

- Go deeper into Mount Kurama
- Blessing at Kurama temple (extra fee)
- Bento lunch
- Open Evening for you to explore restaurants, bars, karaoke, and other activities around Kyoto (self-pay).

Day 6. April 12th Free day or Bike Tour (extra fee \$80.00)

- Lunch self pay
- Dinner self pay

Day 7 April 13<sup>th</sup> Western Kyoto Arashiyama

- Otagi Nenbutsuji Temple, a gorgeous unique hidden temple with many Rakkan sculptures, then walk back using the Kyoto trail (downhill) to enjoy the beautiful scenery.
- Sagano Bamboo Grove, the famed path lined with bamboo on both sides
- Enjoy Lunch at Tenryuji Temple or Local Restaurant
- Tenryuji Temple with its renowned garden
- Togetsukyo Bridge, arching over the local river
- Dinner at local restaurant

Day 8 April 14<sup>th</sup> Kurama Day 3 - Kibune Day

- Some Hike the mountain and down to Kibune
- Some go directly to Kibune ( for those who have a hard time walking down the mountain)
- Kibune Shrine
- Lunch self pay
- Enjoy a Farewell Dinner at a Local Restaurant.

Day 9 April 15<sup>th</sup> Departure

- Transport to KIX