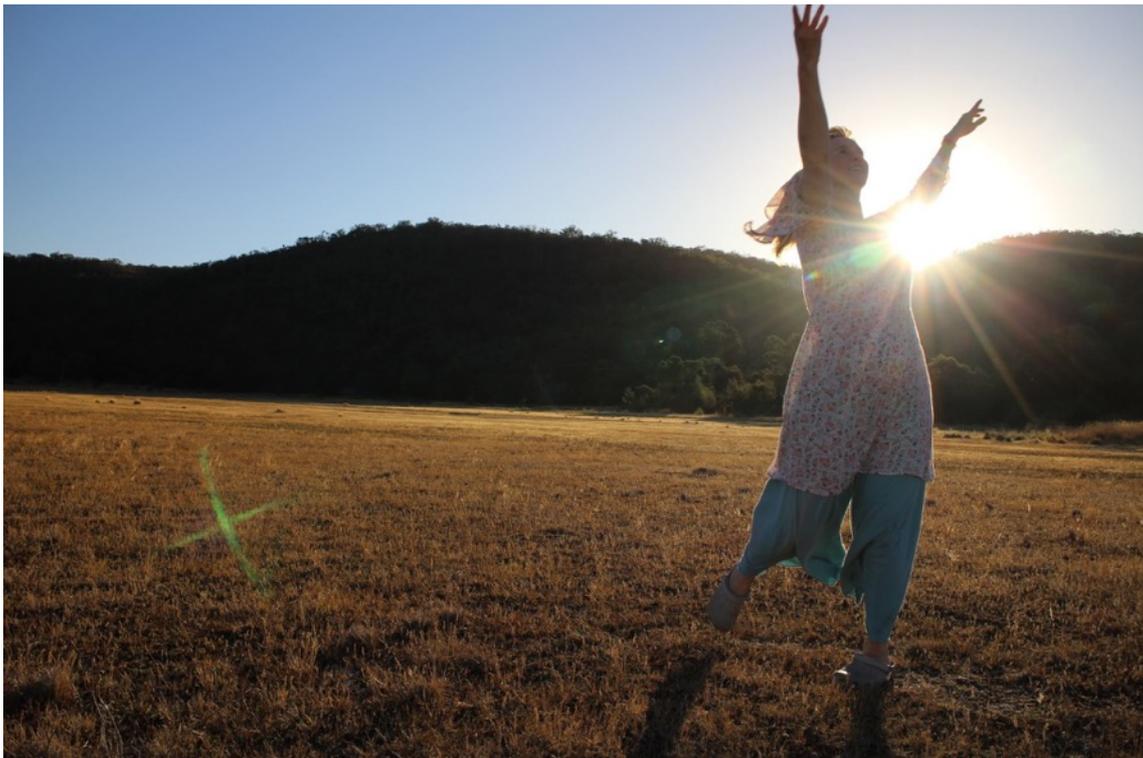




Kiryuho, Mindfulness, Music and Hiking in the French Pyrenees

Sunday 8 - Saturday 14 July 2018

Five full days of Kiryuho, mindful movement, meditation and hiking
beneath endless skies in a majestic, magical location
replete with mountains, forests and waterfalls.
Periods of silent reflection. Moments of musical exploration.
Delicious organic, vegetarian food.



Olivier Lelouch and Yonnel Perrier invite you to their mountain retreat in the magnificent environment of the French Pyrenees.

Thanks to the art of movement and energy flow that is Kiryhuo, you will learn how to listen to your body and its needs and, in so doing, reconnect with yourself. You will have a chance to enjoy a new rhythm and develop a fresh relationship with natural surroundings, with others and, of course, with yourself..

More on Kiryuho



Kiryuho has been developed for forty years by Kajo Tsuboï, Kiryuho is the art of coming to life. It seeks to touch something essential, simple and fundamental in us all, which allows us to rediscover and transform our way of being in the world. This understanding and consciousness can then be applied to our ongoing behaviours - physical, intellectual and spiritual.

Relaxing, connecting and becoming conscious are the first steps towards exploration and understanding. We can achieve this by coming into movement and connection with ourselves thanks to Kiryuho's simple yet profound exercises, which from the outside appear almost insignificant. Kiryuho offers us a new form of communication which paradoxically allows us to nurture the silence within – a place where we can rediscover, reconnect and blossom.

If we imagine our bodies like a patch of arid and parched earth, Kiryuho is a tool we can use to turn, aerate and fertilise our soil, and so welcome new growth, new life. It enables us to become more conscious of our bodies and therefore our true selves. Strengthened by this experience, we can go on to experience everyday situations with more awareness and serenity. In changing ourselves from the inside, the world outside starts to change too.

For an introductory video on Kiryuho, please click the link: <https://vimeo.com/226521008>

Retreat content

Each day, we will practice Kiryuho in a beautifully renovated barn whose windows look out over the stunning Pyrenees mountain landscape.

We will also take walks in the mountains (adapting our excursions to the needs of all participants), thus giving us the chance to practice Kiryuho out in the wilds of nature.

The week will also be punctuated with times for meditation and mindful movements, to learn how to create moments of pause and presence, for being with the here and now. You will then be able to take these wonderful gifts home with you when you return to the busy ebb and flow of daily life.

During the week we will also be fortunate enough to enjoy the presence of a musician-singer-sound healer and her collection of world instruments. Ruth Bentley interweaves voice, strings, bowls and percussion with various other unusual instruments to create strong yet gentle vibrations to open up a deep space for relaxation, exploration and meditation. She will accompany certain Kiryuho practices, using her music to support our movements and enhance our healing process, as well as offering meditative sound journeys.

We envisage a week rich in the following:

- A precious time of real vacation and deep relaxation, far from the tumult of our daily lives
- Silent and intimate reunions with our own bodies and inner selves
- A joyful and intense encounter with the present moment
- A friendly time of sharing
- The chance to bathe and bask in the powerful mountain energy surrounding us



Typical daily schedule

Each day will roughly take shape as follows, adapted where necessary to the needs of the moment and changes in the weather :

- 7:30am : Silent meditation inside or outside
- 8:30am : Breakfast
- 10am : Kiryuho practice
- 1pm : Lunch
- 3pm : Mountain hike suitable for all, with a chance to integrate our Kiryuho and various other mindfulness practices
- 7pm : Dinner
- 8:30pm : Rest; Integration of the day's activities; Possibility to share films, writing, music and various other inspirations arising from the week's experiences

Location

The retreat will take place in a renovated house adapted especially to meet our communal needs. Accommodation will be in the house and possibly in neighbouring houses, depending on the number of participants.

Our cook will prepare delicious vegetarian meals using organic/local ingredients in harmony with our surroundings and the practices we will be integrating during the week.

Practical information

There will be regular breaks, during which you are free to rest, relax around the house and garden, or go walking in the mountains.

The house is situated in the hamlet of La Ruzole, at an altitude of 900m, in a valley which is part of the Ariège-Pyrenees Regional Park. The closest towns are Foix and Tarascon sur Ariège. From Toulouse with its international airport, it is about a 1½ hour train ride to Tarascon sur Ariège. There are also train connections (though more complex) between Barcelona and Tarascon sur Ariège. We will be happy to come and meet you at the train station.

Arrival: Sunday 8th July (dinner around 7pm)

Program: Monday 9th to Friday 13th July

Departure: Saturday 14th July (after breakfast)



The full package, including transport from Tarascon sur Ariège, 6 nights' accommodation, vegetarian meals, guided practices, walks and other surprises will be €700. A total reduction of €70 will be offered to couples. The retreat will go ahead with a minimum of 6 and maximum of 12 participants, to be booked by 31 May. A booking deposit of €150 will be required. In case of cancellation with more than one month's notice, you will be refunded €100. In case of cancellation with less than one month's notice, no refund will be given.

For more information and bookings, please contact:

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Your hosts and teachers

Yonnel Perrier

I have been practicing Kiryuho with Master Kajo Tsuboi since 1996 and I've been teaching it regularly in Paris, Chambéry and Cadenet over the last 15 years. I also teach in various locations in other parts of France from time to time. I have been regularly visiting Japan for 20 years to deepen my understanding of Hikari no Bu, a non-resistance martial art created by Kajo Tsuboi based on a blend of the principles of Kiryuho and the teachings of Master Akeji Sumeyoshi. I also work regularly as an actor and am currently conducting my own research into the relationship between Kiryuho, the body and artistic performance.

Olivier Lelouch

For nearly 30 years I have been deeply committed to the journey which has led me to encounter, learn and integrate different approaches in the worlds of psychology and physical therapy. I currently give one-to-one sessions and run group workshops in physical therapies based in both traditional Asian medicine and western methods. I encountered Master Kajo Tsuboi and Kiryuho in Japan in 1990 and this beautiful practice has accompanied me ever since.

Meditation has also played an important role in my life for the last 25 years, with daily practice and retreats in various monasteries and meditation centres throughout Asia and Europe. I am also trained by the IMA (Institute for Mindfulness-based Approaches) as a teacher of mindfulness for stress reduction for the MBSR program.

