

Step into Sacred Stillness: Launch of Bespoke Yoga Retreats in Japan's Historic Temples

TAKAYAMA, GIFU, JAPAN, November 18, 2025 /EINPresswire.com/ -- November 2025, The most sacred spaces in Japan invite guests to rediscover balance, purpose, and presence. OTERA STAY, the leading provider of temple-based accommodation and experiences, announces the launch of customizable "Zen Temple Yoga Retreat" held at some of the most historically significant Buddhist temples.

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Website □ <https://oterastay.com/yoga/en/>

Available from November 2025, these one-of-a-kind retreats offer individuals and groups alike a rare opportunity to practice yoga within deeply spiritual and centuries-old temple settings—spaces where mindfulness and history intertwine. With over 13 temples open for overnight retreat stays, and more than 60 partner

temples available for space-only yoga programs nationwide, participants can choose from a wide range of serene, culturally rich locations across Japan.

□ Tailored for Every Journey □

Whether you seek quiet self-reflection or a group wellness escape, OTERA STAY's retreats are thoughtfully designed to meet a variety of needs. Programs can be arranged for solo travelers or groups of up to 100 people. From multi-day immersive stays to one-time yoga sessions under temple eaves, each experience is uniquely curated to harmonize body, mind, and spirit.



□Zen Temple Yoga Retreat Overview□
□Availability□From November 18th
2025 onward
□Locations
□Overnight yoga retreats: Select from
over 13 sacred temples nationwide
Yoga space-only rentals: Available at
over 60 temples across Japan
□Group size□Available for individuals
and groups of up to 100 people
□Pricing□Custom quotes based on
location, size, and season. Contact us
for details.
□Inquiries□<https://en.oterastay.com/form/contact>

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