



Relax with forest yoga

 OKUTAMA
Okutama Forest Therapy | Okutama machi



"Forest therapy" is a way of building your health based on the scientifically proven, relaxing effects of forest-bathing. The "Kaori no Michi Toke Trail" is the country's first forest therapy walking course located in the forest of Okutama Town. It also has an exclusive space for enjoying forest yoga. The effects of training the mind and body through yoga are enhanced when practiced in an open, natural environment. Forest therapy tours are occasionally provided by instructors.

Okutama machi

Okutama Forest Therapy

MAP E2 🏠 Kaori no Michi Toke Trail: 940, Hikawa, Okutama machi ¥Free

📄 Links



Also worth visiting!



Ome

Okutama Outdoor Center

The area of Lake Shiomaru is relatively small and surrounded by forest. Visitors can also enjoy SUP yoga on the crystal-clear lake surface.

MAP E3 🏠 1-192-4, Mitake, Ome-shi ¥9,000 yen (with rent, insurance) ☎ 9:45-13:00, 14:00-17:15/regular holidays



Okutama machi

RAINBOWHOUSE Okutama

A studio made using an old Japanese house, located in the village of Nippara at an elevation of 650m. Visitors can take private lessons that use a wooden Pilates machine.

MAP F1 🏠 820, Nippara, Okutama machi ¥9,720yen/1h ☎ 9:00-17:00/Closed on Wednesdays