



Relax

with forest yoga.



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

🏠Kaori no Michi Toke Trail:
940, Hikawa, Okutama machi

🔗 Links



Also worth visiting!



東村山

Sayama Park Park Yoga

An outdoor yoga event held irregularly in the maple forest of Sayama Park. Even beginners can enjoy lessons while relaxing both body and mind.

🏠3-17-19,Tamako-cho, Higashimurayama-shi
🕒Held irregularly on Saturdays or Sundays



Komae

BLUE TAMAGAWA OUTDOOR FITNESS CLUB

Morning yoga is held on the turf of the Tama River and the deck of the club. (reservation required) Taking advantage of the location, we also carry out river standup paddleboarding.

🏠4-11-21 Higashiizumi, Komae