January 6 – February 4, 2022

# 2021 Winter Program in NAGNAO JAPAN















# Period - Participation

2 Weeks

140,000 JPY~

4Weeks

197,000JPY~





# Accommodation and Participation Fee

# Ueda Daiichi Hotel

## **Ueda Park Hotel**

### SAI NO TSUNO







5minutes to school on foot w/o breakfast Located in the city center



18-mins to school on foot w/o meals There is a kitchen for cooking The room will be Japanese or 濃

5-min to school on foot w/o meals shared house from 2 to 4 people



Single

Single

2 Weeks

140,000 JPY

Shared

4 Weeks

2月1日

2月4日

2 Weeks

180,000 JPY 219,000 JPY 2 Weeks
4 Weeks

197,000 JPY

140,000 JPY

4 Weeks

**213,000** JPY

|       |   | 4 Weeks                           | 2 Weeks                     |
|-------|---|-----------------------------------|-----------------------------|
| 1月6日  | 木 | Entry                             |                             |
| 1月7日  | 金 | Entrance ceremony ,Placement test |                             |
| 1月8日  | ± | Free day                          |                             |
| 1月9日  | 日 | Free day                          |                             |
| 1月10日 | 月 | Free day                          |                             |
| 1月11日 | 火 | Class                             |                             |
| 1月12日 | 水 | Skiing Experience                 |                             |
| 1月13日 | 木 | Class                             |                             |
| 1月14日 | 金 | Class + Calligraphy               |                             |
| 1月15日 | 土 | Free day                          |                             |
| 1月16日 | 日 | Free day                          |                             |
| 1月17日 | 月 | Class + Tea Ceremony              |                             |
| 1月18日 | 火 | Class                             |                             |
| 1月19日 | 水 | Class                             | Class + Completion Ceremony |
| 1月20日 | 木 | Class + School visit              | Departure                   |
| 1月21日 | 金 | Class                             |                             |
| 1月22日 | ± | Free day                          | MANAGO                      |

Free day

Class + Zazen meditation

Class + Soba making

Class Free day

Free day

Class + Kimono

Class + Completion Ceremony

+ Party

Departure

- This program will be implemented by three or more participants.
- Above amount includes taxes.
- Participation fee includes tuition, activity, airport transfer fee(From the airport to Ueda city), accommodation fee and insurance while staying here in Japan.
- Airfare, class material fees and transportation expenses from Ueda city to the airport are not included.
- Please apply for SAI NO TSUNO by pair.
- Depending on the circumstances of the hotel, we may not be able to prepare the hotel, room you preferred.
- You can study in a class according to your level.
   Also, depending on your level you will be placed in the AM(8:40-12:20) class or PM(13:10-16:50) class.
- · Schedule may be subjected to change.

Application Deadline: October 29, 2021



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