

Yoga with Hiromi is a complete delight and one of the reasons I fell in love with Nozawa Onsen. She leads a kind and honest practice. Hiromi is acutely aware of and adapts the yoga practice to each individuals' level of experience.

She was very willing to accommodate my request for tatami yin and outdoor afternoon yoga. However, my favorite was dawn practice by the shrine in the summer time - completely dreamy. Hiromi's English is perfect, and her energy is enriching.

Sarah Martin , Ireland

A Ri Ga To, Sarah 🎵

