

森愛你

栽種一生喜樂的山林靜修

攝影 · 創意禪 · 花療瑜伽 · 靜心

日本志賀高原

YOU ARE  
THE BELOVED —

A MOUNTAIN RETREAT  
on Cultivating Lasting Joy

Photography · Creative Expression  
Yoga with Flower Essence · Meditation

Led by Frances Tong

14 – 18 Oct  
Shiga Kogen, Japan

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ABOUT THIS RETREAT · 關於靜修

# You Are The Beloved 森愛你

A Mountain Retreat on Cultivating Lasting Joy

栽種一生喜樂的山林靜修

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Shiga Kogen is where Breathing Landscapes exhibition was born.

It is where Frances created some of the images and experienced being The Beloved.

**This October, you are invited to visit — and create your own Breathing Landscapes.**

志賀高原正是「山色。山息」展覽的原創點, Frances 在那裏「森愛」中創作。

今年10月, 邀你一起前往, 創作屬於你的「山色。山息」。

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A 5-day immersive mountain retreat in Shiga Kogen, Japan.

Yoga with flower essence, photography, creative expression and meditation — woven together.

**Each practice draws you gently back to what has always been true: Joy and wholeness live within you.**

**You are the Beloved.**

日本志賀高原, 五日山林靜修。瑜伽、花晶、攝影、創作, 彼此交織。

從呼吸到按下快門, 每個練習都引你回到本來真相: 喜悅與圓滿本就存於你之內。

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# Frances Tong · 唐展民

Photographer · Yoga Teacher · Flower Essence Instructor  
攝影師 · 瑜珈靜心老師 · 花晶培訓導師

Frances Tong has spent over two decades creating art that heals. Since her first exhibition in 2001, her work has been shown across the United States, Hong Kong, and Mainland China. In response to the 2011 Fukushima disaster, she co-founded Friends of Fukushima, raising over HKD 800,000 through artworks in support of affected communities.

*"Photography is not about showing what is seen —  
but what is stirring within."*

唐展民 (Frances Tong) 是香港獲獎攝影師，花了超過二十年，創作療癒人心的藝術。自2001年起，多次於美國、香港及中國內地展出。2011年為回應福島核災，她創立「福島之友」，透過義賣攝影系列籌得超過港幣 80萬元，支援受災社群。  
「攝影不是要呈現看得見的東西，而是 剎那內心的湧動。」

## EXHIBITIONS

- 2026** Breathing Landscapes · Fringe Club, HK  
山色。山息，藝穗會，香港
- 2011-16** Heart of Goodness: Fukushima · HK & Shanghai  
美哉福島，香港及上海
- 2005** Guizhou Abandoned Kids · City Hall, Hong Kong  
貴州留守兒童 · 香港大會堂
- 2001** Pilgrimage to Peace · Mercy Center Gallery, San Francisco  
三藩市

## AWARDS

- 2014** Honorary Color Master · Int'l Color Awards (×2)
- 2013** Silver Medal · SF International Photo Competition
- 1998** Honorable Mention · Nikon Annual Student Photo Contest

## TEACHING & PRACTICE

- Authorised Training Instructor — Australian Bush Flower Essences 澳洲色彩花晶授權國際培訓導師
- Certified Instructor — Universal Yoga 寰宇瑜珈認證導師
- Certified Instructor — Dharma Yoga 達摩瑜珈認證導師
- Usui Reiki Practitioner 臼井靈氣執行治療師
- Bachelor of Science — University of California, Berkeley 加州柏克萊大學學士

# Seeing Beyond

非一般的看見

**Frances paints with her lens.**

Spending 20+ years exploring the mountains in Japan with her cameras, skis and bicycle, she reached places few visitors ever see. She will show you what she has encountered.

**You will never create,  
press the shutter, write or paint  
the same way again.**

**以鏡頭作畫。**

Frances 花逾20年以相機、滑雪板及單車探索山林，抵達一般人未踏足之處。隨她展現所遇……

**你將以另一種眼光看世界。  
從此，創作、按快門、書寫、畫畫都將不同。**

# Never See or Create The Same Way Again

從此, 創作不一樣

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We go deep into the forests,  
lakes and rivers of Shiga Kogen.  
Instead of rushing, you will  
slow down, practise mindfulness,  
and listen to your inner voice.

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**Your work will shift  
from capturing what you see,  
to expressing how you feel.  
This is when your personal style emerges.**

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我們深入志賀高原的森林  
湖泊與河流·  
不追逐下一個景色·  
而是靜觀慢步、聆聽內在聲音·

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**作品從「捕捉所見」轉為「表達所感」  
個人風格·隨即展現·**

# When Art Meets Meditation

當創作遇上禪修

Our deepest creativity is often hidden.  
Frances will guide you to connect body and mind —  
allowing your potential to emerge through  
your photography and creative expression.

我們最深層的創意，往往被掩藏。  
Frances 將引導你連結身心，  
讓潛能透過創作得以展現。

## Photography and Creative Expression

攝影。創意禪

*Develop your personal style*

培養個人創作風格

## Meditation and Yoga with Flower Essence

花療瑜伽。靜心

*Release blocks, unlock body wisdom*

釋放，繃緊阻塞，喚醒身體智慧

## Dwelling in Mountain Stillness

深入山林靜觀

*Slow down · listen · find your voice*








靜觀慢行，聆聽內在聲音

# Retreat Details

Maximum 7 participants only

最多只接受7位學員 · 小班制

## WHAT YOU WILL EXPERIENCE · 體驗內容

-  Photography · Creative Expression · 攝影。創意禪
-  Forest Bathing · Walking Meditation · 森林浴 · 行禪
-  Yoga with Energy Flower Essence · 花療能量瑜伽
-  Singing Bowl Sound Healing · 頌鉢音療
-  Sunrise & Sunset Meditation · 晨暮靜心
-  Natural Hot Spring · 天然溫泉
-  Fireside Sharing · 圍爐分享

Oct 14–18, 2026 · Shiga Kogen, Japan

## ACCOMMODATION · 住宿

石の湯ロッジ

[ishinoyu.com](http://ishinoyu.com)

(或同級 or similar)

## INCLUDES · 費用包括

- ◆ 4 nights accommodation with breakfast and dinner  
四晚住宿 · 一泊二食
- ◆ All classes and activities  
所有課堂及活動
- ◆ All transportation within Shiga Kogen  
志賀高原期間所有交通

## DOES NOT INCLUDE · 費用不包括

- International flights · 機票
- Yoga Mat · 瑜伽墊
- Lunch · 午餐
- Bicycle Rental · 單車租借
- Travel insurance · 旅遊保險
- Personal expenses · 個人消費

## FEE · 費用

港幣 18,100 (雙人房)

HKD 17,300 — Early bird (before 15 July 2026)

港幣 17,300 (7月15日前早鳥優惠)

Day 1 | Oct 14

## Biwako pond Mindful Walk

琵琶池 · 慢行

### AFTERNOON 下午

- 12:45pm **Gather at Nagano Station**  
長野駅 長野站  
→ Meet and board bus together to Shiga Kogen  
集合乘巴士前往志賀高原
- 3:00pm **Welcome & Introduction**  
歡迎及簡介
- 4:00pm **Dusk. Photography and Creative Expression. — Biwako pond**  
暮色 · 攝影。創作禪 — 琵琶池

### EVENING 晚上

- 6:00pm **Dinner**  
晚餐
- 7:00pm **Sharing & Lecture**  
授課 / 圍爐分享
- 8:00pm **Rest · Onsen · Self-study**  
休息 · 溫泉 · 自修

Day 2 | Oct 15

## Onuma Pond Mindful walk

大沼池 · 慢行

### MORNING 早上

5–6:30am **Morning Meditation and Yoga**  
晨間修習 · 花療瑜伽

6:00pm **Dinner**  
晚餐

7:30am **Breakfast**  
早餐

7:00pm **Sharing**  
圍爐分享

9:00am **Photography and Creative Expression**  
攝影。創作禪

8:00pm **Rest · Onsen · Self-study**  
休息 · 溫泉 · 自修

→ Mindful walk to Onuma Pond  
慢行至大沼池

→ Shijuhachi-ike Wetland  
四十八池濕原

→ Flat forest road · 80 mins each way · Easy for all levels  
平坦林路 · 單程約80分鐘 · 各級皆宜

### AFTERNOON & EVENING 下午及晚上

4:00pm **Rest · Onsen · Self-study**  
休息 · 溫泉 · 自修

Day 3 | Oct 16

## Ponds · Wetland · Summit · Forest Bathing

池泊 · 濕原 · 山頂 · 森林浴

### PRE-DAWN 黎明

5:00am **Morning Meditation**  
晨間修習

5:20am **Pre-Dawn Photography. Create.**  
晨暮 · 攝影 · 創作禪  
→ Kido-ike · White birch forest  
木戸池 · 白樺林  
→ Tanohara Wetland  
田ノ原湿原

### MORNING 早上

7:30am **Breakfast and Rest**  
早餐 · 歇息

9:30am **Lecture**  
授課

10:15am **Yoga · Flower Essence · Singing Bowl**  
花療瑜伽 · 頌鉢音療

12:00pm **Lunch**  
午餐

### AFTERNOON 下午

1:30pm **Photography and Creative Expression**  
攝影 · 創作禪  
→ Hasuike · Sankaku-ike · Naga-ike  
蓮池 · 三角池 · 長池

### SUNSET 日落

4:00pm **Sunset Photography. Create.**  
日落 · 攝影 · 創作禪  
→ Yokoteyama · Shibu Pass  
橫手山 · 澀峠

### EVENING 晚上

6:00pm **Dinner**  
晚餐

7:00pm **Sharing**  
圍爐分享

8:00pm **Rest · Onsen · Self-study**  
休息 · 溫泉 · 自修

Day 4 | Oct 17

## Ichinuma · Nabekura beech forest · Forest Bathing

一沼 · 鍋倉高原山毛櫸林 · 森林浴

### PRE-DAWN 黎明

5:00am **Morning Meditation**  
晨間修習

5:20am **Pre-Dawn Photography. Create.**  
晨暮 · 攝影 · 創作禪

→ Ichinuma pond · Biwako pond  
一沼 · 琵琶池

### MORNING & AFTERNOON 早上及下午

7:30am **Breakfast**  
早餐

9:00am **Drive to Nabekura Kogen**  
前往鍋倉高原

**Photography and Creative Expression**  
攝影 · 創作禪

→ Chayaike Pond · Nabekura Kogen  
茶屋池 · 鍋倉高原

→ Japan's #1 natural heritage beech forest  
日本第一天然遺產山毛櫸林

4:00pm **Yoga · Flower Essence · Singing Bowl**  
花療瑜伽 · 頌鉢音療

5:00pm **Rest · Onsen · Self-study**  
休息 · 溫泉 · 自修

### EVENING 晚上

6:00pm **Dinner**  
晚餐

7:00pm **Sharing**  
圍爐分享

8:00pm **Rest · Onsen · Self-study**  
休息 · 溫泉 · 自修

Day 5 | Oct 18

## Oku-Shiga · River · Cycling

奧志賀林道 · 溪流 · 騎行

### MORNING 早上

5-6:30am **Morning Meditation and Yoga**

晨間修習 · 花療瑜伽

2:25pm

**Arrive Nagano Station**

抵達長野駅

7:30am **Breakfast and Packing**

早餐 · 整理行裝

→ Hokuriku Shinkansen → Tokyo (~1h45m) → Narita Express → Narita Airport (~1hr)

10:00am **Check out · Move to Oku-Shiga Kogen**

退房 · 前往奧志賀高原

北陸新幹線 → 東京 → 成田特快 → 成田機場

11:00am **Biking · Photography and Creative Expression**

騎行 · 攝影 · 創作禪

→ Arrive Narita by 7:00PM

晚上7時抵達成田機場

→ Oku-Shiga forest road · Zakogawa River

奧志賀高原林道 · 雜魚川

→ Near-zero traffic forest road alongside a crystal river

零車流林道 · 清澈溪流相伴全程

### AFTERNOON 下午

1:30pm **Depart for Nagano Station by bus**

乘巴士前往長野站

## Remarks · 備註

- This event is not a group tour. Participants are responsible for arranging their own travel plans and are strongly advised to purchase travel insurance. The organizer shall not be held liable for any risks, losses, or responsibilities arising from travel, itinerary, or insurance matters.

本活動並非旅行團，參加者須自行安排本活動前後的交通及行程，並強烈建議自行購買旅遊保險。主辦方對任何因交通、行程或保險事宜所引致之風險、損失或責任概不承擔。

- Participants shall be held liable for their personal safety and for any loss, damage, or theft of their belongings. All participants attend and take part in the event at their own risk and responsibility.

參加者須自行負責人身安全及財物保管，若有任何損失、損害或盜竊，主辦方概不承擔責任。所有參加者均須自行承擔風險並對自身安全及財物負全責。

- Authorised Travel agent for air ticket: ESMAC Travel 62923091 Mr Ken Hau

- Disclaimers 聲明: Organizer reserves the right to change the event details without prior notice and all activities and arrangements are subject to the conditions on the day, and the organizer retains full discretion to make necessary changes.

主辦方保留隨時更改活動細節而不作另行通知的權利；所有活動及安排均須視乎當日情況而定，主辦方擁有全權酌情作出必要之更改。