



Leading with Balance: A Wellness-Based Leadership Retreat in Izu, Japan

Sample Itinerary for Oct. 19~21, 2026*

Day/Time	Activity
Day 1: Afternoon	(13:30 Depart Tokyo) 15:00 Arrival & Check-in at Izu Nagaoka 15:30 Orientation & Opening circle: introductions & intention-setting 16:30 Nature walk with rejuvenating yoga & breathwork
Day 1: Evening	18:30 Group dinner – local, seasonal Japanese cuisine After dinner: Group reflection / Evening dialogue circle Night: (Optional) <i>Onsen</i> hot spring tutorial
Day 2: Morning	07:00 Morning yoga & breathwork 08:30 Breakfast & Keynote 10:00 Workshop: Wisdom of the Silk Road: Lessons on Management, Wellness and Life 11:30 Workshop: The Science of Wellness: Applying the Research
Day 2: Lunch	Healthy Japanese <i>bentou</i> lunch & Group Discussion Activity
Day 2: Afternoon	13:30 Workshop: Putting knowledge into Action - team activities to develop the skills required of leaders in a global business environment. Key Focus: leadership, global team building and execution. (Facilitated by H Squared) 16:30 Nature Activity: Mindful Walking / Walking Meditation
Day 2 Evening	18:30 Group dinner – local, seasonal Japanese cuisine After dinner: Group reflection / Evening dialogue circle
Day 3 Morning	07:00 Morning yoga & breathwork 08:30 Breakfast & Discussion: Personal Integration Lab 10:00 Closing circle, Check-out, and Depart

**Indicative Only. Subject to change.*