



TREASURE ISLANDS



YOGA & ADVENTURE RETREAT

With Beth & BT

OCTOBER 7 (SAT) - 9 (MON)

Shikinejima Guest House Hidabun
〒100-0511 9 Shikinejima, Nijima Village, Tokyo
Tel: 04992-7-0072

SCHEDULE

DAY 1
SAT
OCT 7

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- 8:00 Meeting at Takeshiba Pier
- 8:35 Jet foil departure
- 12:05 Arrival at Shikine Island
Transfer to Guest House (5-minute drive)
- 12:30 Welcome drink & orientation
- 12:45 Lunch at Hidabun
- 14:00 Pick up rental bikes
Free time to explore
- 16:15 Vinyasa Flow with Beth - 45min
Core Power & Deep Stretch with BT - 45min
- 16:15 Yoga Play for kids - 60min
- 19:00 Dinner of locally caught fish
- 20:30 Outdoor onsen by the sea
- 21:30 Evening Yin Yoga - 45/60min

SCHEDULE

DAY 2

SUN

OCT 8

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| 7:00 | Morning meditation (30min) |
| 8:00 | Breakfast |
| 9:15 | Hike to a spectacular viewpoint
Slow Flow with Beth - 75min
Yoga Play for kids - 60min |
| 12:15 | Bento lunch & Free time to explore |
| 16:15 | Evening Gentle Flow & Stretch for adults
90min with BT |
| 19:00 | Dinner |
| 20:30 | Outdoor onsen by the sea |
| 22:00 | Somnific yoga - 30min |

SCHEDULE

DAY 3
MON
OCT 9

- 7:00 Morning meditation - 30min
- 8:00 Breakfast
- 9:00 Checkout of Hidabun
- 9:30 Farewell Yoga for adults - 75min
- 11:30 Lunch
- 12:30 Departure from Hidabun, transfer to seaport
- 13:20 Jet foil departure
- 16:45 Arrive back in Tokyo

SCHEDULE

NOTES

All activities are optional for all participants.

All activities are subject to changes depending on weather conditions.

Some activities will be held outdoor.

Therefore, make sure you bring sun block and a hat/cap.

The jet foil's schedule is subject to changes.

