



# Yasuragi (安らぎ) Retreat

*"A science-based wellbeing retreat for founders, consultants and leaders in high-pressure roles"*



**Kochi, Japan 2025**

March 30 - April 7





## What awaits you (あなたを迎えるもの)

For 8 days, step away, from daily distractions and immerse yourself in a quieter Japan: coastal islands, cedar forests, mountain rivers, and onsens

## A glimpse into your journey (あなたの旅の一瞥)



### Resiliency Wheel on Awaji Island

A playful, yet deep assessment of your current resilience while crossing one of Japan’s most scenic islands.



### Learning

Morning grounding, cold plunges and lectures on the science of stress and burnout, with deep self work.



### Onsen & Star-gazing

Evenings spent in hot springs and under open skies to help activate your parasympathetic nervous system and help your body return to “calm.”







## Who is it for?

High performers with early signs of burnout, committed to personal wellbeing and team performance and seeking science-led recovery, not spiritual escapism.

## What you will gain?

- A personalised 12-month resilience map to gently guide your growth
- A toolkit of 100+ ways to soothe, reset, and care for your nervous system
- A deeper understanding of how you move through challenges
- A renewed connection to your body, your values, and the quiet freedom that comes from within

## Who is behind this?

Burnout Lab is a research-driven initiative focused on preventing burnout and building resilience at both individual and organizational levels. We translate science into practical tools, trainings, and strategies that address the root causes of workplace exhaustion. Alongside our corporate programs, we host retreats in Kochi, Japan, and Lucerne, Switzerland, intentional spaces for reflection, restoration, and sustainable change.

## Impact numbers



6 YEARS

running stress management & burnout prevention courses & retreats



1250+ PARTICIPANTS

have experienced our corporate trainings and offsites



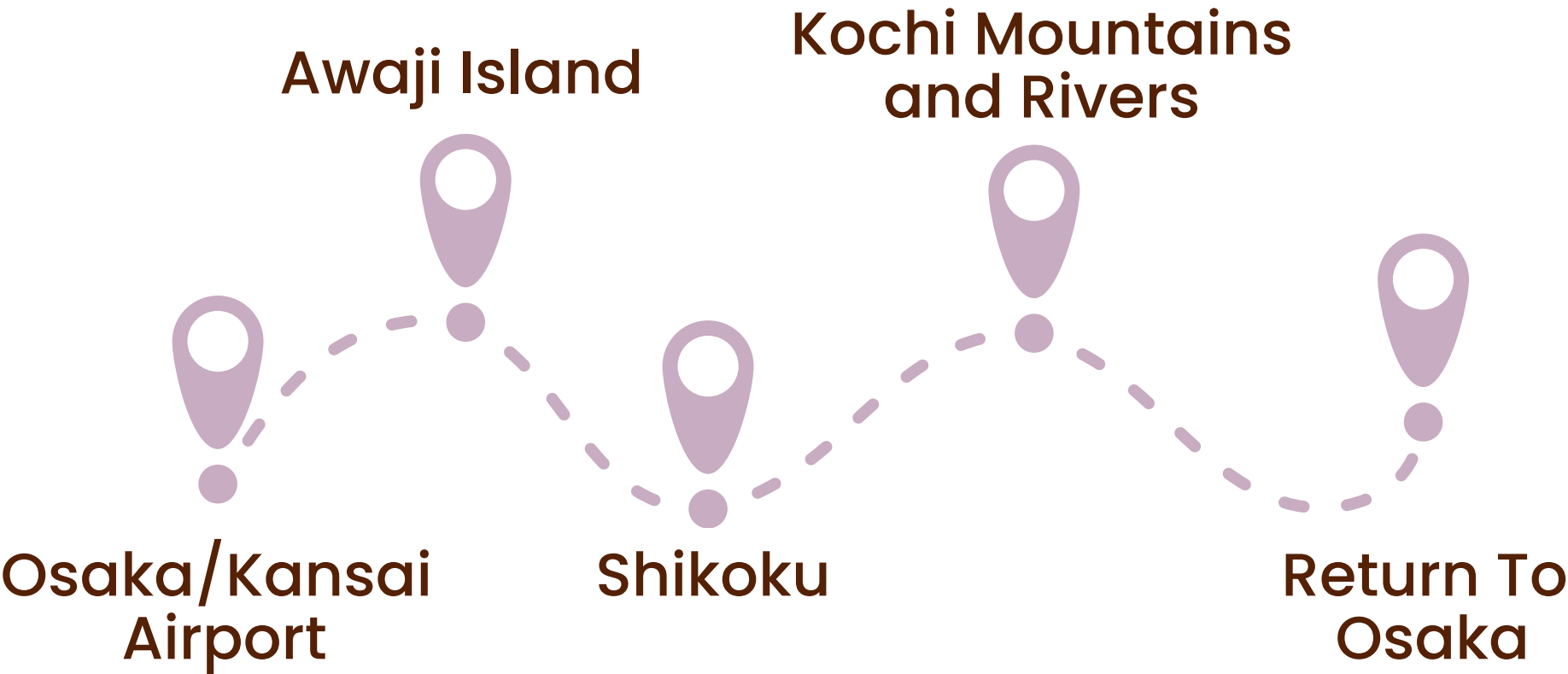
60+ COACHES

supported through executive coaching programmes.





# The journey (たび)



- 01

**Kansai & Awaji Island**  
Arrival, breakfast briefing, Resilience Wheel, scenic island crossing and whirlpools by the sea.
- 02

**Montbell mountain lodge**  
Lecture space, onsen evenings, star-gazing and night sky.
- 03

**Kochi City & mountain house**  
Physical wellbeing day, fascia practice, film night.
- 04

**Nikobuchi waterfall & Nakatsu gorge**  
Digital detox, nature immersion, money psychology walk.
- 05

**Sakura park & temple, Sakawa**  
Spirituality, reflection and ceremony in historic surroundings.
- 06

**Countryside home**  
Home-cooked dinners, music and closing rituals.





## Retreat guides (リトリートガイド)



### Aksinia Mueller

Aksinia is a doctoral candidate, researcher, lecturer, and stress scientist. Her work bridges the biology and psychology of stress, offering deeply researched, practical insights that connect mind, body, and environment. Educated at Bocconi, Harvard and IMD she brings rigor and real-world relevance to every session. At the retreat, her guidance offers high-caliber knowledge designed to shift both understanding and experience.



### Anastasia Ilinikh

Anastasia is a Relationship EQ (Emotional Intelligence) Coach. she helps empathetic women master their emotional world, thereby transforming their relationships. She provides practical tools and guidance to deal with emotions in challenging times, helping clients step into resilient, confident selves who feel comfortable speaking up, facing confrontations, and no longer taking things personally.



### Daniel Low

Daniel is the founder of Kochi Together, a life co-operative that focuses on Spirituality development through life-coaching programs, wellness retreats, and community engagement in Kochi Prefecture. Daniel is an ICF-accredited PCC level coach and trainer of coaches. His coaching experience also spans from music performance to personal spirituality development to working with ex-offenders and persons in recovery. It’s hardly a dull moment when you are around Daniel as his vibrant energy effortlessly light others up.



### Shane Tan

Shane is a Quiet Power Coach who helps quiet burnout professionals reclaim their self-worth and build a soul-aligned life. He is grounded in the Quiet Power Method framework, which guides clients toward convergent clarity. He is an ICF-ACC-credentialed coach and a certified Psych-K facilitator. Having personally experienced burnout, Shane deeply believes that everyone deserves a second chance to rewrite their life story.



### Juan Pablo Muñiz

Juan Pablo is one of Burnout Lab’s founders and coaches high-performing professionals at inflection points, navigating leadership transitions, recovering from burnout, or redefining what success looks like. He holds an MBA, IMD Business School in Switzerland and is an ICF Certified Coach that can coach profiiently in English & Spanish (C2); French (B2)



# day- by-day

OVERVIEW

DAY

1

## Arrival, Orientation & Resilience Wheel

Arrival at Kansai Airport, followed by a quiet breakfast briefing before travelling to Awaji Island. Introduction to the Resilience Wheel, a visual map of current energy state.

Visiting the iconic whirlpools, then settling into the mountain base. Closing with a gentle burnout release and early rest.



# Stress & Burnout Lab

DAY  
2

Morning sun and grounding practice, followed by a deep dive into the science of stress over breakfast. Exploring personal patterns, overdrive, collapse, numbness, hyper-alertness.

The day includes hiking, breathwork, coastal cycling, an evening onsen, and stargazing. Shifting from talking about recovery to truly experiencing it.

# Physical Wellbeing & Body Reset

DAY  
3

A full day focused on movement, water, and nourishment. Exploring the area, crossing a wine bridge, and experiencing a zipline, inviting safe exhilaration.

Local food, sunset fascia work, and a reflective film night support reconnection with the body as a vital ally.





DAY  
4

## Mental & Social Resilience

A focus on thought, emotion, and connection. Rafting or canyoning, shared meals, and team kayaking spark reflection on trust and communication. The pace softens with a paper-making workshop and a bonfire “lifeline” exercise. Optional outdoor bathing and quiet reflection to close.

DAY  
5

## Digital Wellbeing

Phones collected. Immersion in deep nature begins. Without notifications, attention settles and the nervous system softens. A walk through Nakatsu Gorge, waterfall time, and a guided session on money psychology explore patterns around scarcity, abundance, and success. The day ends with a home-cooked dinner and live music.





# Spiritual & Meaning-Making

DAY  
6

A slow morning opens into a conversation on spirituality, framed as connection to meaning, values, and something beyond the everyday.

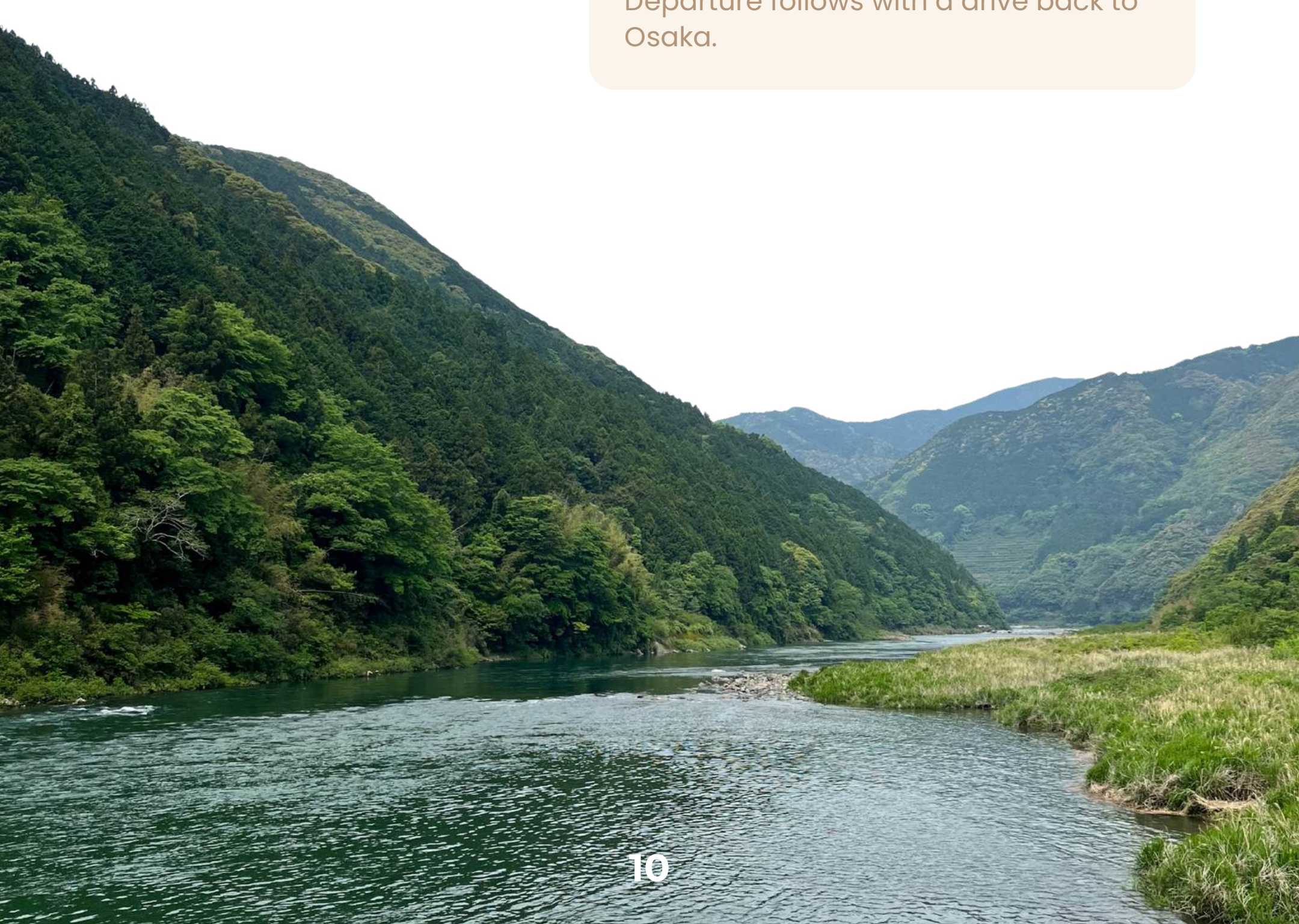
Time in Sakura Park, a visit to an old temple, and lunch in a historic restaurant lead into an afternoon of candle-making. The day ends with the Fututabi Tamoso Ceremony a moment of clarity and gratitude.

# Integration & Return

DAY  
7

A final day for reflection and integration. In the closing circle, participants name key takeaways, habits, and boundaries to protect post-retreat.

A small goodie bag and guided prompts support the return home. Departure follows with a drive back to Osaka.





# Retreat details (特別なひととき)

at a glance



## Price

USD 2,390 (Shared room)  
USD 2,890 (Single room)

30 March - 7 April 2025  
8 days / 7 nights

## Dates & Duration

## Difficulty Level

Suitable for participants who are comfortable with outdoors and water-based activities.

Up to 12 people – intimate, curated group for depth and connection.

## Group Size

## Accommodation

- Montbell Japan lodge (mountain base)
- Private Japanese home in the Kochi mountains

Toyota Land Cruiser (max. 5 passengers per car) and/or similar 4x4 vehicles.

## Transfer



# what is included

IN YOUR RETREAT

## What’s included

All accommodation (Montbell lodge + private mountain home).

Daily breakfast & selected lunches & dinners as indicated in the programme.

All coaching sessions, lectures, workshops and ceremonies.

All group transfers during the retreat (4x4 vehicles, boat, local transfers).

Entry to planned activities (onsens, whirlpools boat, canyoning/rafting, zipline, waterfall, temple visits, creative workshops).

## What’s not included

International & domestic flights to / from Osaka (or Kochi, depending on final logistics).

Travel insurance (medical, trip cancellation, and personal belongings)

Visa fees and visa-related costs





# travel & practical

## INFORMATION

- **Where to fly**

We recommend flying into Kansai International Airport (Osaka). Detailed arrival and departure windows will be provided upon booking to help you choose optimal flights.

- **Meeting point & first night**

Our meeting point is near the airport, where you will be greeted by the team and other participants. From there, we begin our journey towards Awaji Island and the mountains.

- **Weather & clothing**

Expect moderate spring temperatures, with cooler mornings and evenings in the mountains. Layers are your best friend: a light down jacket or fleece, long-sleeve base layers, breathable t-shirts and a rainproof outer layer.

- **What to pack**

- Comfortable trekking shoes
- Light day backpack
- Swimwear for onsens and waterfall visits
- Warm layers for evenings
- Refillable water bottle
- Small notebook and pen
- Any personal medication





# iBurnout Lab

Wellness Retreats & Offsites

## Get In Touch With Us.



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