

7D5N Winter Retreat in Yuzawa, Japan Alps

4D self-discovery journey



Feel like you are **BURNING** the Candle at both ends and need a **TIMEOUT!**

Join our retreat hosts on a **Self-Discovery Journey!**

Retreat Highlights

- Stay in luxury hotel with natural hot spring bath and Japanese cuisines
- Relax and recharge mentally and physically
- Reflect on your achievements and what else you truly want
- Deepen your self-awareness through safe conversations
- Renew your vision as you commune with the vast nature
- Ignite the dream within you



Activities Highlights

- 2 half days of snow walking/skiing with instructions
- 4 group conversations* to support your self-discovery journey
- Cultural activity that awakens your creativity
- Quiet time to journal and reflect on your journey

Retreat Venue

- NASPA Ski Garden

Retreat Dates (*subject to availability*)

- To be confirmed

Package Price: \$3,888 (twin sharing)

- Additional \$300 for single accommodation
- 5% early bird discount when pay in full 60 days prior to departure
- Maximum group size of 8 participants per retreat



Package includes

- Return economy airfares (SIN-Tokyo-SIN)
- Accommodation, meals** & sightseeing as per itinerary
- Japan Rail Pass and other transportation as per itinerary
- Rental of ski equipment/ski wear, ski lift pass and ski lessons
- Trip and destination information and journaling souvenir

For more information, please email to:

enquiry@visionsanddreams.sg

Website: www.visionsanddreams.sg

Itinerary

Day 1:

- (PM) Board flight at Changi International Airport

Day 2:

- (AM) Arrive in Tokyo, take bullet train to ski resort hotel
- (PM) Relax in the ski resort and enjoy the facilities

Day 3:

- (AM) Acknowledge start of your journey
- (PM) Snow-shoe walking to relax and reflect



Day 4:

- (AM) Take stock of your life
- (PM) Enjoy gliding through the snow

Day 5:

- (AM) Discover what else you truly want
- (PM) Participate in a cultural activity



Day 6:

- (AM) Transfer to a traditional Ryokan (Japanese Inn)
- (PM) Reinforce your take away from the retreat



Day 7:

- (AM) Depart from the Ryokan
- (PM) Take bullet train to Tokyo and transfer to Narita International Airport

**One to one Harrison Assessment debriefing at no extra charge if HA survey is done one week before departure.*

***Meals include all breakfast and dinners.*

About Visions & Dreams

Visions & Dreams is the brainchild of Jenaline, who having spent more than two decades of her life in the corporate world, decides to step out of her comfort zone to enable and empower others like herself, to live their dreams. She has reached the peak of her career, holding executive management roles in organizations and yet she does not feel she has achieved her life's purpose in a meaningful way.

About the Retreat Hosts

Jenaline Low is a leadership coach and facilitator who leverages on her corporate experience to supports client on a self-discovery journey to live out their dreams, through aligning their talents, passion and vision. She has 20+ years of corporate experience in product management, marketing, sales & channel management, customer service, business development, strategic planning and operations management. She has worked for Siemen Nixdorf, IBM, NTUC Group and in her last executive role, she was the Chief Operating Officer of a public listed investment holding company in Singapore, and a board member for several private and non-profit organizations.



Terrance Lueng is an executive coach and facilitator with leadership experience serving global high-tech Corporations such as IBM, Oracle and Check Point Software Technologies in the North Asia region. He is a seasoned executive knowing how international business can best operate in Asia. His acute sense of the market, business models and operation, financial acumen, knowledge and experience in contract discussion and negotiation benefit his clients with immediate business results and long-term personal improvements.

