

Yokosuka & Miura
Hayama Town

Tourist Attraction No.

2471

<Health Tourism · Landscape>

Be one with the sea and sun!

SHONAN BEACH YOGA WEEK IN HAYAMA



Explanation of Tourist Attraction

Every Autumn, Hayama's Morito and Isshiki beaches host this yoga event. It kicked off in 2015 as a part of Kanagawa Prefecture's revitalization project, FEEL SHONAN. The event lasts for a week and participants can join classes with popular yoga instructors. The main event day offers a variety of workshops, including beach cleans, beach flag, pilates, and yoga for kids.

selling point

Here, you can take part in a beach yoga session and enjoy the refreshing experience of opening up your body and mind to the sea.

Address	Morito beach: Horiuchi, Hayamamachi, Miura-gun Isshiki beach: Isshiki, Hayamamachi, Miura-gun
Opening Hours	Subject to change depending on the event
Availability of Parking	—
URL	http://shonan-yoga.com/

Recommended Season

Autumn

Group/Individual Mark

Individual

Target Regions

Europe, North America, Oceania, Asia



Access

Beach Yoga at Hayama-Morito-Kaigan
From bus stop 3 of Zushi Station on JR Yokosuka Line or Shinzushi Station on Keikyu Zushi Line take a Keikyu Bus bound for Hayamacho-Fukushibunka-kaikan(Kaigan round route) (Zu-11 Route) for about 8 minute. Get off at the Moritokaigan bus stop and walk for 3 minute.

Specific Model Route Details

Individual

JR Yokosuka Line [Zushi Station]===Route bus(10 mins.)===Kyu-Yakusyomae··Walk(6 mins.)··The Meseum of Modan Arts, Hayama(120 mins.)··Walk (3 mins.)·· Isshiki Kaigan===Route bus(6 mins.)===Morito Kaigan··Walk(2 mins.)·· Shonan Beach Yoga experience (120 mins.)··Walk (3 mins.)·· Morito Kaigan===Route bus (10 mins.)===JR Yokosuka Line [Zushi Station]

Start Zushi Station

Goal Zushi Station

Time Required 5 hours

Nearby Sightseeing Spot

Hayama Marina



The adjoining Marina Plaza is crammed with proper restaurants and shops. You can enjoy delicious food while taking in a view of Enoshima and Mount Fuji. Another recommendation is that you enjoy a leisurely boat trip around Enoshima.

The Museum of Modern Art, Hayama



This is an art museum located in a privileged environment, with Tokyo Bay in front and a natural forest in Kannonzaki behind. Why not commune with art in the lap of nature?