

Karuizawa Good Fortune & Wellness Stay

<Day 1>

15:00	Check-in
16:00	"Winter Village Stroll" to unwind daily tension
17:00	"Hoshino Onsen Tombo-no-yu" to heal a year's fatigue and purify body and mind
18:00	Dinner: Japanese Cuisine Kasuke "Alpine Kaiseki"
20:30	"Oil Treatment" (60 min.) at Hoshinoya Spa
22:30	Bedtime

<Day 2>

8:00	Refreshing Deep Breathing (Optional participation / Reservation required)
9:00	Breakfast (Additional fee applies)
11:00	"Mizuhiki Notebook Crafting" for self-reflection and casting off negative thoughts
12:00	Lunch (Additional fee applies)
13:30	Visit to "Kumano Kotai Shrine"
19:00	Dinner (Additional fee applies)
21:00	Hot spring bathing, etc.
22:30	Bedtime

<Day 3>

8:00	"Large-Brush Calligraphy" to express your resolutions for the New Year
9:00	"Terrace Fortune Breakfast" featuring auspicious dishes to invite victory
12:00	Check-out