

# 【Tokyo Blessings Stay】 Schedule

## < 1<sup>st</sup> day >

- 2:30 PM Check-in procedures
- 3:30 PM Ward away evil spirits with the traditional art of Kenbu
- 7:00 PM Dinner (not included)

## < 2<sup>nd</sup> day >

- 6:50 AM Take-in good fortune through a "Deep Breathing exercise"
- 8:00 AM Enjoy a "HOSHINOYA Tokyo Dining Breakfast"
- 10:00 AM Purify yourself by performing a Kenbu sword dance
- 11:00 AM Warm your mind and body at the ONSEN
- 12:00 PM Check-out procedures
- 1:00 PM Visit and offer respects at Hebikubo Shrine