

Digital Detox Stay

< Day 1 >

- 03:00 PM Check-in
Surrender of Digital Devices
- 03:30 PM “Hokushin Itto Ryu” Kenjutsu Practice
(Basic Exercises and Trial Cutting Practice)
- 05:00 PM Relax in the Natural Hot Spring
- 06:30 PM Dinner
- 09:00 PM Spa Treatment (90 minutes)

< Day 2 >

- 06:15 AM Meditation
- 08:00 AM Rice Balls for Light Breakfast
- 09:00 AM “Hokushin Itto Ryu” Kenjutsu Practice
(Review of the Basics and Actual Trial Cutting)
- 10:30 AM Breakfast
- 11:30 AM Private Hot Spring
- 12:00 PM Check-out Return of Digital Devices