



星のや沖縄
HOSHINOYA Okinawa

Urizen Sleep Retreat

<Day 1>

3:00 PM	Check-in
4:00 PM	“Yuntaku Garden Tour” - Kwanso Daylily tea making
5:00 PM	Horse Riding experience by the sea
7:00 PM	Dinner “Ryukyu Gastronomy ~Bellezza~” (Additional charge)
9:30 PM	“Moonlight Harmonizing Deep Breathing” to ease into sleep
10:00 PM	Relax pre-bedtime with Kwanso tea
10:30 PM	Bedtime



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<Day2>

6:30 AM	Wake up / Herbal tea to awaken the senses
7:00 AM	“Sunrise Bathing” feeling the morning sun on the beach
8:00 AM	Breakfast dining “Ryukyu Breakfast”
10:00 AM	Aquatic Exercise / Floating Bath
12:00 PM	Lunch in Room: “Mozuku Soba”
2:30 PM	Healing at Hoshinoya Okinawa Spa
7:00 PM	Special Dinner: “Yushi Tofu Hot Pot”
9:30 PM	“Moonlight Harmonizing Deep Breathing” to ease into sleep
10:00 PM	Relax pre-bedtime with Kwanso tea
10:30 PM	Bedtime

<Day3>

6:30 AM	Wake up / Herbal tea to awaken the senses
7:00 AM	“Sunrise Bathing” feeling the morning sun on the beach
8:00 AM	In room dining breakfast
12:00 PM	Check-out