

Ryukyu fermentation stay

< Day 1 >

3:00 PM Check-in

4:00 PM Ryukyu Fermentation Invitation

Beach walk

6:00 PM Dinner Dining

9:00 PM Moonlight harmonizing deep breathing

10:30 PM Awamori Sake Lees bathing set for bath time

Fermented drink

< Day 2 >

8:00 AM Breakfast Fermented drink

10:00 AM Aquatic exercise 60 min

12:00 PM Lunch "Kashijee gnocchi" making workshop

5:00 PM Hoshinoya Spa "Tsuki" 90 min

7:00 PM Dinner "Ryukyu fermented shabu-shabu"

11:00 PM Awamori Sake Lees bathing set for bath time

< Day 3 >

7:00 AM Morning deep breathing

8:00 AM Fermented breakfast

Fermented drinks

10:00 AM Beach walk

12:00 PM Check out