

# Ryukyu fermentation stay

## < Day 1 >

- 3:00 PM Check-in
- 4:00 PM Andansu (Oil Miso) making workshop
- 6:00 PM Dinner Dining
- 9:00PM Moonlight harmonizing deep breathing
- 10:00 PM Awamori Sake Lees bathing set for bath time  
Fermented drink

## < Day 2 >

- 7:30 AM Fermented breakfast
- 9:30 AM Aquatic exercise 60 min
- 12:00 PM Lunch "Tofuyo Cheese Fondue"
- 2:30 PM Hoshinoya Spa "Tsuki" 90 min
- 7:00 PM Dinner "Ryukyu fermented shabu-shabu"
- 9:00 PM Night beach walk Awamori Sake Lees bathing set for bath time

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## < Day 3 >

7:00 AM Morning deep breathing

8:00 AM Breakfast Fermented drinks

12:00PM Check out