

Ryukyu fermentation stay

<Day1>

- 3:00 PM Check-in
- 4:00 PM Ryukyu Fermentation Invitation
- 6:00 PM Dinner Dining
- 9:30 PM Moonlight harmonizing deep breathing
- 10:30 PM Awamori Sake Lees bathing set for bath time
Fermented drink

<Day2>

- 7:00 AM Morning Deep Breathing
- 8:00 AM Breakfast
Fermented drink
- 10:00 AM Aquatic exercise 60 min
- 11:00 AM Lunch "Kashijee gnocchi" making workshop
- 2:30 PM Hoshinoya Spa "Hou" 90 min
- 6:30 PM Dinner "Ryukyu fermented shabu-shabu"
- 9:30 PM Moonlight harmonizing deep breathing
- 10:30 PM Awamori Sake Lees bathing set for bath time

<Day3>

- 7:00 AM Beach walk
- 8:00 AM Fermented breakfast
Fermented drinks
- 12:00 PM Check out