

# Ryukyu Holistic Wellness Program

## < Day 1 >

- 3:00 PM Check-in and Consultation
- 4:00 PM Floating bath at the infinity pool
- 5:30 PM Beach walking
- 9:00 PM Spa treatment 90 minutes

## < Day 2 >

- 7:00 AM Morning Deep Breathing \* Free participation
- 8:00 AM Yakuzen Konabe Breakfast
- 10:00 AM Ryukyu Karate training 90 minutes
- 1:00 PM Snack of Red potato dumplings and five-grain amagashi
- 2:00 PM Acupuncture and moxibustion acupressure 150 minutes
- 6:30 PM Dinner of Yakuzen Gozen  
Before taking a rest, soothe your body with an awamori evening drink

### < Day 3 >

- 7:00 AM Morning Deep Breathing \* Free participation
- 8:00 AM Yakuzen Potage Breakfast
- 9:30 AM Ryukyu dance practice 120 minutes
- 12:00 PM Lunch Okinawa mixed egg rice
- 3:00 PM Spa treatment 90 minutes
- 9:00 PM Looking back on the stay with grassroots bark tea before taking a rest

### < Day 4 >

- 7:00 AM Morning Deep Breathing \* Free participation
- 8:00 AM Ryukyu breakfast
- 12:00 PM Consulting and Check-out