

Beach training stay

< Day 1 >

- 3:00 PM Check-in
- 4:00 PM Paikaji Sabani rowing the boat
- 9:00 PM Night tunes on the beach, deep breathing
- 10:30 PM Kuwanso tea before bedtime

< Day 2 >

- 7:00 AM Morning Tuning Deep Breathing
- 7:30 AM In-Room Dining Breakfast
- 9:00 AM Morning Sabani
- 12:00 PM Lunch
- 2:30 PM Acupuncture and acupressure
- 5:30 PM Special dinner
- 9:00 PM Tune in at night Deep breathing
- 11:00 PM Kuwanso tea before bedtime

< Day 3 >

- 7:00 AM Morning BOUJUTSU(art of using a stick as a weapon) on the Beach
- 12:00 PM Check-out