

Digital Detox Stay

< Day 1 >

- 03:00 PM Check-in
Surrender of digital devices
- 03:30 PM “Hokushin Itto Ryu” Kenjutsu practice
(Basic exercises and trial cutting practice)
- 05:00 PM Relax in the natural hot spring
- 06:30 PM Dinner “Nippon Cuisine”
- 09:00 PM SPA Treatment (90-minutes)

< Day 2 >

- 06:15 AM Meditation
- 08:00 AM Rice balls for light breakfast
- 09:00 AM “Hokushin Itto Ryu” Kenjutsu practice
(Review of the basics and actual trial cutting)
- 10:30 AM Breakfast
- 11:30 AM Private Hot Spring
- 12:00 PM Check-out
Return of digital devices