



# Karuizawa Summer Wellness Stay

## < Day 1 >

- 2:00 PM Consultation, Lecture on deep breathing bath method
- 3:00 PM Village walk in the valley
- 4:00 PM Flower mandala arrangement
- 5:30 PM Dinner (Japanese Cuisine Kasuke -Alpine Kaiseki-)

## < Day 2 >

- 7:00 AM Morning cool stretch
- 9:30 AM Breakfast (Japanese Cuisine Kasuke -Alpine Breakfast-)
- 1:00 PM Village tasting walk
- 3:00 PM Flower mandala arrangement
- 5:30 PM Dinner (Japanese Cuisine Kasuke -Alpine Kaiseki-)

## < Day 3 >

- 7:00 AM Morning cool stretch
- 9:30 AM Breakfast (Japanese Cuisine Kasuke -Alpine Breakfast-)
- 12:00 AM Consultation