

Karuizawa Summer Sleep Retreat

<Day 1>

- 2:00 PM Arrival, consultation, and Deep Breathing Bathing lecture
- 3:00 PM Check-in and pillow adjustment by specialized staff
- 4:00 PM "Tani no Hitotoki" (Valley Relaxation Time)
- 5:30 PM Japanese Restaurant Kasuke "Yama no Kaiseki"
*Additional fee applies
- 8:30 PM Deep Breathing Bathing at the Meditation Bath
- 10:00PM Retire for the night with our signature bedding

<Day 2>

- 8:00AM Special "Mezame no Asage" breakfast at Japanese Restaurant Kasuke
- 1:00 PM "Ryokuin-meguri" (Shaded Greenery Stroll) to reset your biological clock through forest bathing and walking
- 4:00 PM Evening Deep Breathing Session
- 5:30 PM Dinner on the guest room terrace
- 8:30 PM Deep Breathing Bathing at the Meditation Bath
- 10:00PM Retire for the night with our signature bedding

<Day 3>

- 8:00 AM Japanese Restaurant Kasuke "Yama no Asashoku" breakfast *Additional fee applies
- 9:00 AM Hot spring bathing at Hoshino Onsen Tombo-no-yu
- 12:00 PM Check-out