



Luxurious Indulgent Retreat for Relaxation

<Day 1>

- 3:00 PM Check-in, Consultation,
and Lecture on deep breathing bathing techniques
- 5:00 PM Hot spring bathing in the Meditation Bath
- 7:00 PM Special Dinner: "Tani no Sakura Gozen"

<Day 2>

- 6:30 AM "Shungyo" (Spring Dawn) stretching
- 8:30 AM Special Breakfast: "Mezame no Wa Choshoku"
- 10:00AM "Four Hands" Oil Treatment
- 12:00 PM Free time to explore the village and lunch
(*additional fee)
- 3:00 PM Hot spring bathing at Hoshino Onsen Tombo-no-Yu
- 7:00 PM Dinner: "Alpine Kaiseki" (*additional fee)
- 9:00 PM Hot spring bathing in the Meditation Bath

<Day 3>

- 6:30 AM "Shungyo" (Spring Dawn) stretching
- 8:00 AM Breakfast: "Alpine Breakfast" (*additional fee)
- 9:00 AM Hot spring bathing
- 12:00 PM Consultation and Check-out