

Digital Detox Stay Karuizawa - Hot Spring and Forest Bathing

< Day 1 >

3:00 PM	Check-in and Leave your digital devices behind
3:30 PM	Deep breathing bath method lecture
5:30 PM	Dinner *extra charge
8:00 PM	Deep breathing bath in the meditation bath

< Day 2 >

7:00 AM	Breakfast *extra charge
9:00 AM	Departure for the Riding Club
9:30 AM	Forest Horseback Riding Experience
1:00 PM	Nature Watching
6:00 PM	Dinner *extra charge
9:00 PM	Deep breathing bath in the meditation bath

< Day 3 >

7:00 AM	Breakfast *extra charge
9:00 AM	Hot spring bath at Hoshino Onsen Tombo-no-Yu
12:00 PM	Retrieve your digital devices and Check-out