

Five Elements Retreat

<Day 1>

02:30 PM Check-in

03:40 PM Incense Ceremony

04:00 PM Acupuncture and Moxibustion Treatment

06:30 PM Dinner

Activities tailored to your constitution

<Day 2>

Wake up at your leisure and enjoy morning rice porridge

01:00 PM Lunch: "Five Elements Harmonizing Meal"

02:00 PM Acupuncture and Moxibustion Treatment

Activities tailored to your constitution

Bathing

06:30 PM Dinner

<Day 3>

05:15 AM Morning Zen Meditation

08:00 AM Breakfast Hot Pot

10:00 AM Acupuncture and Moxibustion Treatment

11:30 AM Incense Ceremony

12:30 PM Check-out