

Karuizawa Mushroom Wellness Retreat

< Day 1 >

3:00 PM	Check-in and Enjoying Mushroom-Miso Pudding
4:00 PM	Deep breathing bath method lecture
5:00 PM	Deep breathing bath in the meditation bath
6:30 PM	Special Dinner

< Day 2 >

8:00 AM	Morning stretch
9:00 AM	Special Breakfast
10:00 AM	Forest Mushroom Private Tour
2:00 PM	Spa Oil Treatment
6:30 PM	Dinner *extra charge
9:00 PM	Deep breathing bath in the meditation bath

< Day 3 >

7:00 AM	Breakfast *extra charge
8:00 AM	Morning stretch
9:00 AM	Hot spring bath at Hoshino Onsen Tombo-no-Yu
12:00 PM	Check-out