

Digital Detox Stay

<Day 1>

3:00 PM Check-in deposit your digital devices

4:00 PM Incense ceremony

7:00 PM Dinner (extra-cost option)

<Day 2>

6:00 AM (Front desk at 5:15 AM)

The morning Zen meditation in a Zen temple

* Start time will vary depending on the season.

8:30 AM Morning Stretch

* Start time will vary depending on the season.

9:00 AM Breakfast (extra-cost option)

10:00 AM Houseboat ride on the Ooi river

12:00 PM Check-out return your digital devices