

Living with the natural rhythm of the southerly wind.

<Day 1>

3:00 PM Check-in and Sanji-cha with Gusuku residents

Garden tour

Sunset Special dinner 「Yushi tofu with island vegetable hot pot」

Moonlight deep breathing

<Day 2>

Sunshine deep breathing

Breakfast at Dining

Paikaji Sabani(Rowing the Boat),

Solar Noon Special lunch 「Mozuku soba」

Amagashi(Okinawan sweet red beans soup) by seaside

Sunset Special dinner 「Ryukyu Court Cooking」

Moonlight deep breathing

<Day3>

Breakfast 「Special fish breakfast」

Muku no utsushi(Okinawan calligraphy)

12:00 PM Tea by seaside and Check-out