

Digital Detox Stay

< Day 1 >

- 3:00 PM Check-in deposit your digital devices
- 4:30 PM Incense ceremony introduction
- 7:00 PM Dinner (extra-cost option)

< Day 2 >

- 5:00 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