



星のや軽井沢
HOSHINOYA Karuizawa

Forest Wellness

〈Day1〉

1:30 PM	Arrival and Consultation
2:30 PM	Deep Breathing Bathing Method Lecture "Shinrin-yoku Walking" to get used to Nordic poles
4:00 PM	Acupuncture and Body Care
7:00 PM	Dinner – Japanese Cuisine Kasuke 「Alpine Kaiseki」
9:00 PM	Deep Breathing Bathing in Meditation Bath

〈Day2〉

7:00 AM	In-room Dining Japanese Breakfast in your guest room
8:30 AM	Asama Mountain Stretch
9:30 AM	"Shinrin-yoku Walking" on a course Wild Bird Forest
11:30AM	Lunch
1:00 PM	"Shinrin-yoku Walking" visiting two famous waterfalls in Karuizawa
3:30 PM	Hoshino Onsen Tombo-no-yu Bathing and Refreshment
4:30 PM	Acupuncture and Body Care
7:30 PM	Special Dinner Mountain Seasonal Vegetable Hot Pot Gozen
9:00 PM	Deep Breathing Bathing Method in Meditation Bath



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<Day3>

7:00 AM	Special Breakfast "Mountain Seasonal Vegetable Porridge Breakfast"
8:30 AM	Relaxing Deep Breathing
11:00AM	Lunch
12:00PM	"Shinrin-yoku Walking" aiming for the summit of Hanareyama
4:00 PM	Hoshino Onsen Tombo-no-yu Bathing and Refreshment
5:30 PM	Dinner – Japanese Cuisine Kasuke "Alpine Kaisek"
8:30 PM	Acupuncture and Body Care and Consultation
11:00PM	Deep Breathing Bathing Method in Meditation Bath

<Day4>

7:00 AM	Breakfast – Japanese Cuisine Kasuke "Japanese Breakfast"
8:00 AM	Relax until check-out
12:00PM	Check-out