

Karuizawa Warming Solo Retreat

< Day 1 >

3:00 PM	Check-in
3:30 PM	Hot spring bath at Hoshino Onsen Tombo-no-Yu
4:00 PM	acupuncture body care treatment
7:30 PM	Dinner "Alpine Kaiseki"

< Day 2 >

8:45 AM	Morning stretch
9:30 AM	Hot spring bath at Hoshino Onsen Tombo-no-Yu
10:00 AM	Special Breakfast
2:00 PM	Deep breathing bath method lecture, private Meditation Bath session
3:00 PM	Spa Oil treatment
5:30 PM	Dinner *extra charge

< Day 3 >

8:45 AM	Morning stretch
9:30 AM	Hot spring bath at Hoshino Onsen Tombo-no-Yu
10:00 AM	Breakfast *extra charge
12:00 PM	Check-out