

A Harmonizing Spring Retreat

< Day 1 >

3:00 PM	Check-in and deep breathing bath method lecture
4:00 PM	Release physical tension with a spa "Body Care" treatment
6:30 PM	Dinner—Alpine kaiseki
9:00 PM	Deep breathing bath in the meditation bath
10:00 PM	Relaxing pre-sleep drink in your room

< Day 2 >

7:00 AM	Morning stretch and awakening drink
8:00 AM	Breakfast—Japanese breakfast
10:00 AM	Stimulate your senses with the Shinshu white birch craft experience
3:00 PM	Relieve mental tension with a spa "Four Hands Treatment"
6:30 PM	Dinner *extra charge
9:00 PM	Deep breathing bath in the meditation bath
10:00 PM	Relaxing pre-sleep drink in your room

< Day 3 >

7:00 AM	Morning stretch and awakening drink
8:00 AM	Breakfast *extra charge
9:00 AM	Hot spring bath at Hoshino Onsen Tombo-no-Yu
12:00 PM	Check-out