

# Forest Cure

## < Day 1 >

- 1:00 PM Arrival Consultation  
Forest Walking Lecture / Deep Breathing Bath Lecture
- 3:00 PM Check-In
- 4:00 PM Shiatsu Massage (Relaxation)
- 7:00 PM Dinner (Japanese Cuisine Kasuke -Alpine Kaiseki-)
- 9:00 PM Deep Breathing Bath in Meditation Bath

## < Day 2 >

- 7:00 AM Breakfast (Japanese Cuisine Kasuke -Alpine Breakfast-)
- 8:30 AM Mt.Asama Stretch
- 12:00 PM Lunch
- 2:00 PM Forest Walking
- 3:30 PM Hoshino Onsen Tombo-no-Yu (Hot Spring)
- 4:30 PM Shiatsu Massage (Tuning)
- 7:00 PM Dinner (French Cuisine Bleston Court Yukawatan)
- 9:00 PM Deep Breathing Method in Meditation Bath

## < Day 3 >

- 7:00 AM Breakfast (Japanese Cuisine Kasuke -Alpine Breakfast-)
- 8:30 AM Mt. Asama Stretch / Forest Walking
- 12:00 PM Check-Out
- 13:00 PM Shiatsu Massage (Adjustment) / Consultation