

Okinawa Blue Zone Stay

<Day 1>

- 3:00 PM Check-in
- 6:00 PM Dinner *Optional, additional charge
- 8:30 PM Enjoy an evening drink by the beach while listening to sanshin music

<Day 2>

- 8:00 AM Breakfast dining: Ryukyu breakfast (Vegetarian menu)
- 11:00 AM Workshop: Secrets of longevity from Ryukyu cuisine masters
- 1:00 PM Savor your own homemade meal at Yugafu kitchen
- 5:00 PM Aquatic exercise in the evening pool
- 7:00 PM Dinner: Special menu - Hot pot with plenty of vegetables and Yushi-tofu

<Day 3>

- 8:00 AM Breakfast: Special menu - Galette with farm-fresh vegetables and Island-tofu
- 1:00 PM Yomitan village traditional crafts center: Yuntanza Hanaori weaving experience
Explore Yomitan village's secrets to longevity *Free exploration
- 6:00 PM Dinner dining: Bellezza

<Day 4>

- 8:00 AM Breakfast: Sicilian breakfast (Vegetarian menu)
- 10:00 AM Yuntaku garden tour
- 12:00 PM Check-out