

# Mindful Spice Stay

## <Day1>

3:00 PM	Check-in
4:00 PM	Spice workshop
7:00 PM	Dinner "Ryukyu Gastronomia ~Bellezza~"
9:30 PM	Moonlight Harmonizing DeepBrething

## <Day2>

7:00 AM	Morning Deep Brething based on Ryukyu Karate
7:40 AM	Breakfast "Medicinal porridge ~Seasonal fish and shrimp with spice miso~"
9:00 PM	Beach walking
10:30 AM	Floation therapy and training
12:30 PM	Special lunch "Spicy Okinawa soba"
14:30 PM	HOSHINOYA Okinawa Spa "Tsuki"
7:00 PM	Dinner "Ryukyu shabu-shabu with a spice aroma"

## <Day3>

7:00 AM	Special program "Beach breeze training deep breathing"
9:00 AM	In-Room Dining Breakfast