

Forest Bathing Shinrin-yoku

This is not a hike or a workout — it's a mindful immersion in nature designed to calm the nervous system, awaken the senses, and reconnect you with the earth.



Research shows that Shinrin-yoku can have profound effects on the body and mind. Time spent in forests has been linked to:

- Reduced stress hormones and lower blood pressure
- Improved mood and mental clarity
- Activation of the parasympathetic nervous system, supporting relaxation and recovery
- Boost in natural killer (NK) cell activity, which plays a key role in strengthening the immune system

 Duration: 3–4 hours

 **Price: ¥10,000 per person (Add-on menu option)**

Ikigai- your reason for Being

Living for over 10 years in Okinawa, I noticed something special about the people here. Many of them—especially the elders—carry a quiet joy and a strong sense of purpose. They call it ikigai, the reason you get up in the morning. It's more than a job or a goal; it's the deep connection to what makes life meaningful and worth living.

In this 2-hour guided session, inspired by the wisdom of Okinawan centenarians you'll:

- Explore the four pillars of ikigai: what you love, what you're good at, what the world needs, and what you can be paid for
- Reflect on your own life through journaling and mindful discussion
- Clarify the values, passions, and connections that give your life meaning

A strong sense of ikigai has been linked to reduced stress, improved mental health, and even greater longevity.

Reconnect with what truly matters—and create a compass for the years ahead.

 Duration: 120 minutes

 **Price: ¥10,000 per person (Add-on menu option)**

