

Our Recommended Activities

① “Medical Checkups”

- Regular medical checkups
- PET/CT examination
- Blood test etc.



② “Spiritual Activities”

- Zen meditation at Koya-san or a temple in Osaka
- Ise Grand Shrine, Koya-san



③ “Cultural Experiences & Cool Japan”

- Cultural Experiences
 - *Tea ceremony, Flower arrangement,
 - *Kimono wearing, Fruit-picking etc.



- Cool Japan
 - *Izakaya & Tachinomi (Japanese pubs/bars)
 - *Cat-cafe, Owl-cafe
 - *Anime, Manga (Japanese comics)
 - *Kyoto Int'l Manga Museum



④ “Relaxation”

- SPA (Hot spring)
- Thalassotherapy
- Zen mediation, Shakyo (copying a Buddhist sutra)



Our Recommended Activities

⑤ “Gastronomy”

- Washoku (Japanese cuisines)
- Organic vegetables



⑥ “Outdoor Activities”

- Gramping *NESTA RESORT KOBE



- Walking

*Kumano-kodo (old pilgrimage road in Wakayama) walk

*Akame 48-waterfall walk

