

## Blessed & Lucky 365

### ● Individual session

※ "Individual sessions" and "Custom sessions" are also available. "Full 2-day/1-night sessions", Please fill out the "Inquiry Form" and send it to us.

	capacity	estimated time			
		30 min.	60 min.	75 min.	120 min.
【浴】 Forest Bathing Wellness	8 persons		60 min. session 【5,000yen/person】		120 min. session 【9,000yen/person】
【響】 Resonance Wellness	4 persons	30 min. Resonant healing session 【5,000yen/person】	60 min. Acoustic session 【8,000yen/person】	75min. Acoustic session + Healing pair session 【10,000yen/person】	
【味】 Taste Wellness	6 persons		Seasonal Vegetarian Lunch Course (meal only) 【5,000yen/person】		120 min. Vegetarian cooking lesson 【8,000yen/person】
【創】 Creating Wellness	6 persons				120 min. Cloth work session -making your own creations (including materials) 【8,000yen/person】

### ● Courses

	capacity	estimated time		
		2.5 to 3 hours	3.5 to 4 hours	5-6 hours
①Cosmic Energy Resonance Course	4 persons	Organic/enzyme lunch + Acoustics 60 min. 【Course price 12,000 yen/person】		
②Kurama Course: Shinrin-yoku, forest bathing. A course to bathe in the power of the sacred mountain and cosmic energy	4 persons		Forest bathing 60 min + Organic/enzyme lunch + Acoustics 60 min. 【Course price 17,000 yen/person】	
③Cooking and full charge of life energy course	4 persons			Forest bathing/walking 120 min. + Cooking 120 min. + Acoustics 60 min. 【Course price 24,000 yen/person】