

J A P A N E S E L O N G E V I T Y R E T R E A T

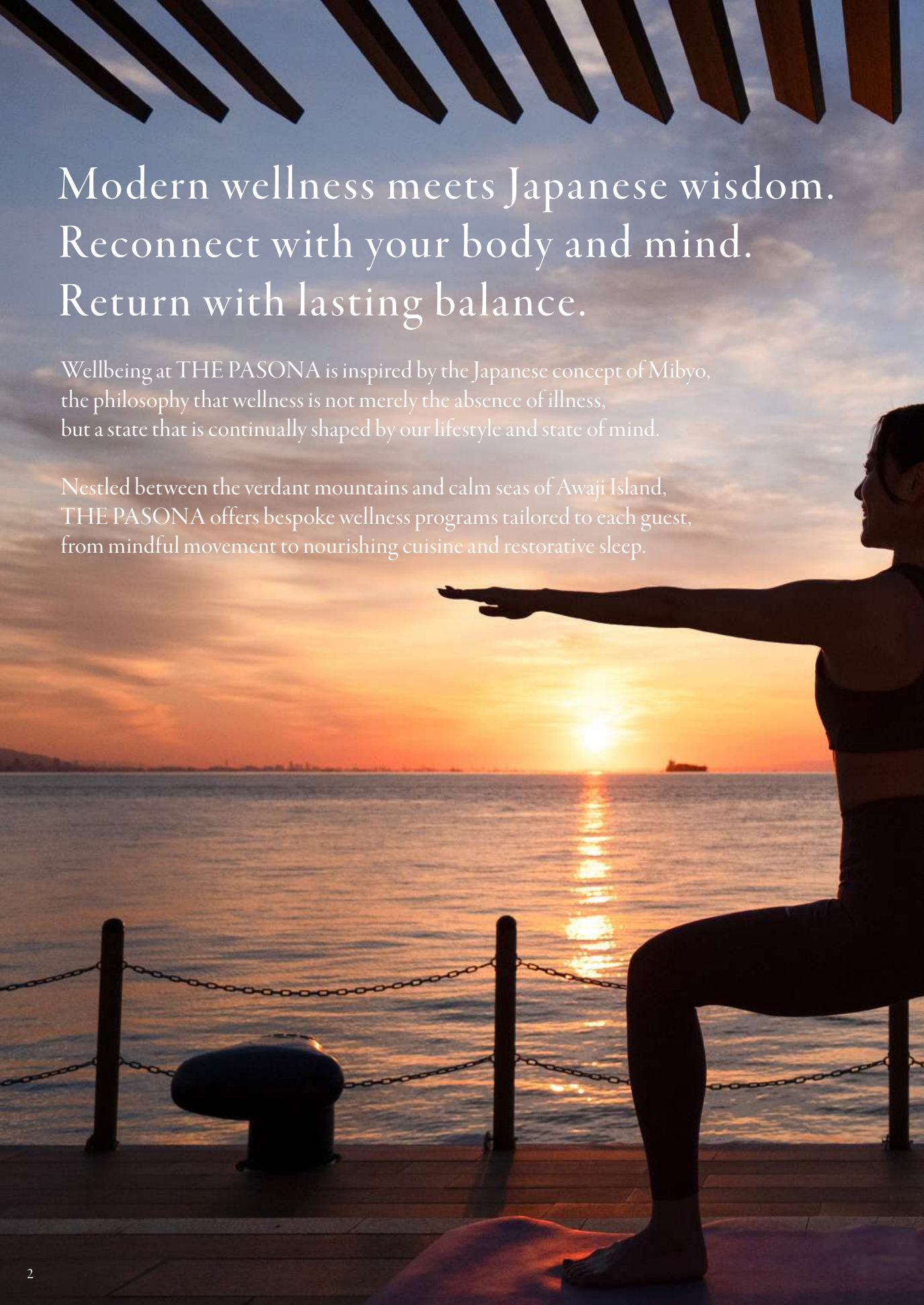


The Mibyo Program

— A four-day Japanese wellness journey —



THE PASONA
natureverse **retreat**

A woman is shown in silhouette, performing a yoga pose (Warrior II) on a wooden pier. She is barefoot, wearing a dark sports bra and leggings. Her right leg is bent, and her left leg is extended back. Her arms are extended horizontally, with her right hand pointing towards the horizon. The background features a calm sea reflecting the golden light of a setting sun. A ship is visible on the horizon. In the foreground, there is a metal railing with a chain and a large black mooring bollard. The sky is filled with soft, orange and yellow clouds. The top of the image shows the underside of a wooden pergola structure.

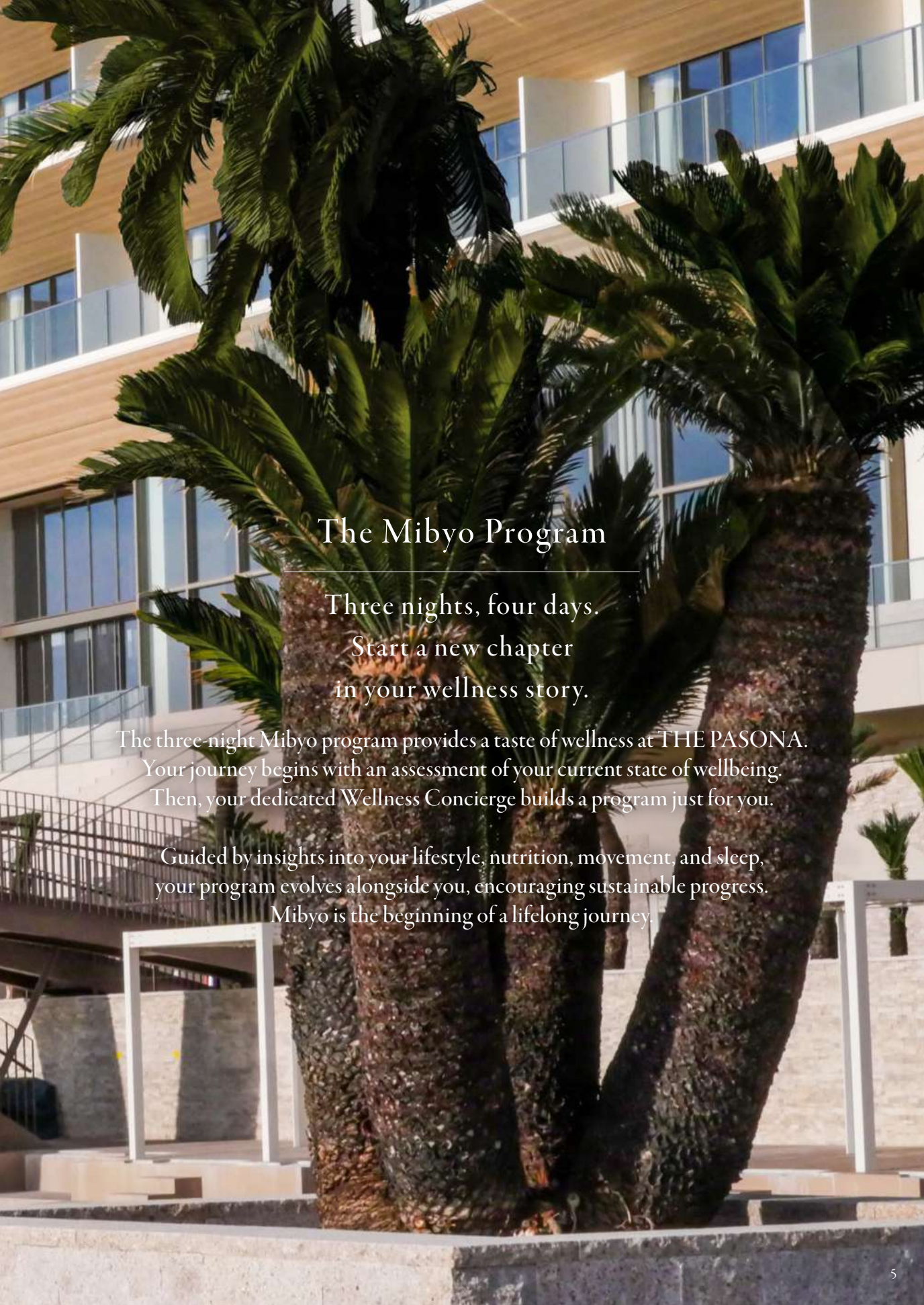
Modern wellness meets Japanese wisdom. Reconnect with your body and mind. Return with lasting balance.

Wellbeing at THE PASONA is inspired by the Japanese concept of Mibyo, the philosophy that wellness is not merely the absence of illness, but a state that is continually shaped by our lifestyle and state of mind.

Nestled between the verdant mountains and calm seas of Awaji Island, THE PASONA offers bespoke wellness programs tailored to each guest, from mindful movement to nourishing cuisine and restorative sleep.







The Mibyo Program

Three nights, four days.
Start a new chapter
in your wellness story.

The three-night Mibyo program provides a taste of wellness at THE PASONA. Your journey begins with an assessment of your current state of wellbeing. Then, your dedicated Wellness Concierge builds a program just for you.

Guided by insights into your lifestyle, nutrition, movement, and sleep, your program evolves alongside you, encouraging sustainable progress. Mibyo is the beginning of a lifelong journey.

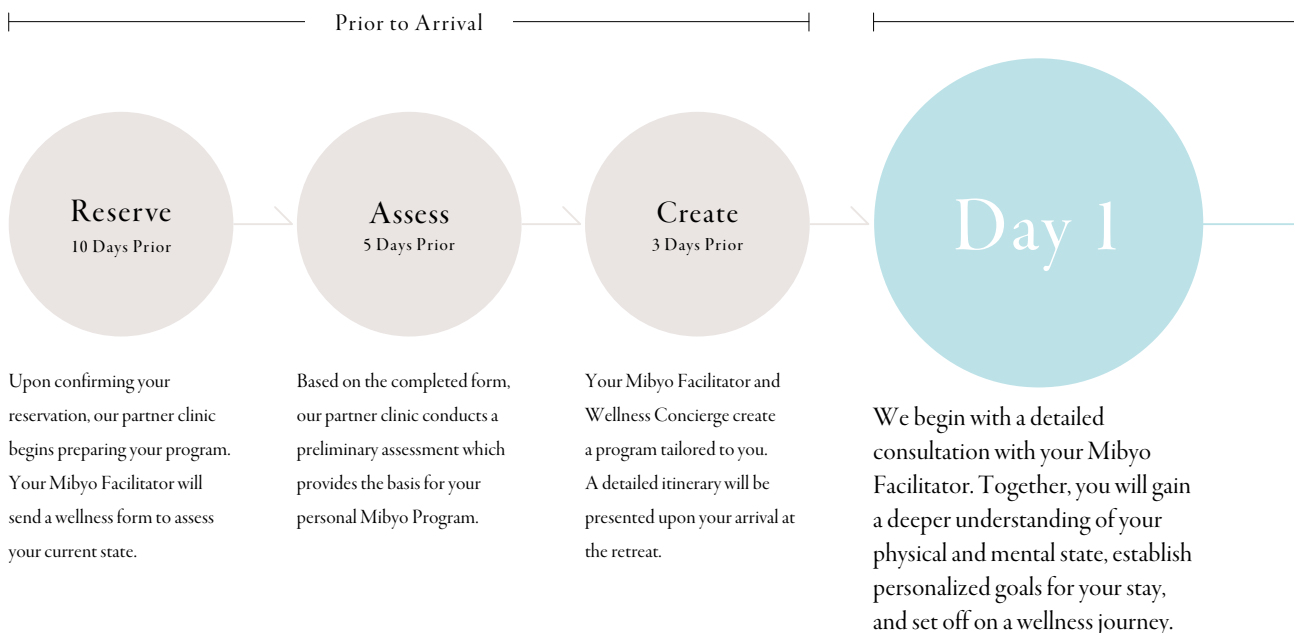
Centered on four pillars of wellbeing, each program



Feel a quiet return to the senses often lost amid the pace of everyday life, guided by the rhythms of nature.

Reconnect with your body through Japanese breathing practices, hot springs, thalassotherapy, zen, and yoga.

Your Wellness Concierge works in tandem with a licensed Mibyo Facilitator from the on-site clinic to guide and support you throughout a seamless, curated wellness experience.



is tailored to your personal goals and needs.



Savor wellness cuisine by Michelin-starred chefs, rooted in the wisdom of Japanese culinary tradition.



Drift into deeper sleep with sensor-equipped beds in select guest rooms, monitoring vitals for optimal rest.

At THE PASONA

Day 2

Immerse yourself in a wellness program designed exclusively for you, with physical training and yoga, nourishing wellness cuisine, and other activities fine-tuned to your needs. Reconnect with your natural state of wellbeing.

Day 3

Deepen your mind-body connection with meditative sessions of sunrise yoga, thalassotherapy, massages, and more. Take a dip in your private Japanese onsen hot spring bath and reflect on your experiences.

Day 4

In a final consultation with your Wellness Concierge, you'll review your progress and receive practical advice for maintaining healthy lifestyle habits at home, for lasting change that extends beyond your time at THE PASONA.

Three Wellness Approaches

The Mibyo wellness program at THE PASONA is built around restoration, renewal, and reinforcement. Each experience is tailored to your needs, based on one of three approaches: RELAX, RESET, and REBUILD. Your personal Wellness Concierge works with our on-site clinic to support your wellbeing during your stay.



RELAX

Restore your mind and body

The RELAX path is designed to ease the stress of modern life. Through restorative sleep and mindfulness practices, your mind and body are guided toward equilibrium, creating a foundation for deeper change.

RESET

Renew your inner balance

The RESET path is one of internal renewal, with integrated wellness experiences to support circulation and metabolism through food, movement, and therapeutic bathing.



REBUILD

Reinforce lasting vitality

The REBUILD path focuses on improving and strengthening physical performance. Tailored training and nutritional guidance help you build strength and improve metabolism to last beyond your stay.

Wellness Experiences

From thalassotherapy and yoga to personalized fitness and clinical wellness consultations, every element of your stay is thoughtfully designed to support your individual path to wellbeing. Exquisite wellness cuisine nourishes body and mind as an integral part of the retreat. These experiences form a seamless, all-inclusive journey designed to inspire lasting vitality.



Thalassotherapy



Onsen Hot Spring Baths



Active Walking



Aerial Yoga



Personal Training



Japanese Cuisine



Wellness Beyond the Program

Moments of discovery and exploration are part of the journey.

Hall Kimi

Music is wellness. Enhancing your stay at THE PASONA is an intimate music hall, where live performances spanning classical, jazz, and the delicate sounds of Japan provide a soundtrack for your program. Performances by artists from the Music Island Project on Awaji Island add a distinctive cultural element to the retreat.





Sister Properties

Zenbo Seinei

A mountain sanctuary surrounded by lush greenery, fresh air, sunlight and starry skies, Zenbo Seinei is a Zen wellness retreat offering Zen meditation on an open-air wood deck overlooking the natural landscape of Awaji Island.

Architect: Shigeru Ban



Awaji Nature Lab & Resort

Awaji Nature Lab & Resort is an agricultural compound combining nature, learning, and food. Farm-stay programs, workshops, and a farm-to-table restaurant offer mindful, sustainable experiences and a slower pace of life.

Architects: Shigeru Ban, Sou Fujimoto, and 9 leading architects



ACCESS



- By Car: 3 mins from Awaji IC via the Kobe-Awaji-Naruto Expressway
- By Bus: Adjacent to the Iwaya Junior High School bus stop
- By Ferry: 18 min walk from Iwaya Port via the Awaji Jenova line

Located in the gateway district of Iwaya, THE PASONA provides a waterfront setting which overlooks the iconic Akashi Kaikyo Bridge. The retreat is easily accessible from Osaka, Kyoto, Kobe, and other cities via car and bus, with convenient access from both Kansai International Airport and Osaka Itami Airport. THE PASONA is a tranquil island escape just outside the heart of Western Japan.

Travel Times to THE PASONA

- Shin-Osaka: 1 hour
- Shin-Kobe & Sannomiya: 30 mins
- Kyoto: 90 mins
- Kansai Int'l Airport: 90 mins
- Osaka Int'l Airport: 50 mins
- Kobe Airport: 45 mins

Times are approximate and are subject to traffic conditions.

Complimentary Shuttle Service

Guests participating in the Miyo program receive complimentary round-trip bus transportation between THE PASONA and Kobe-Sannomiya. Free shuttle buses also operate throughout Awaji Island, providing convenient connections between our affiliated facilities. Please visit our website or contact us for details.

THE PASONA offers extended wellness retreats. Please inquire about long-stay retreats beyond the four-day Miyo program.

Program details are subject to change without prior notice.

Images are for illustrative purposes only.

For up-to-date information, please visit our website or contact us.



THE PASONA
natureverse **retreat**

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