Healing SPORTS
Exceptional healing in Okinawa
It’s all so remarkable! Healing like you’ve never experienced before!

Okinawa, colored by blue sky and sea and rich nature.
Slowly passing time and photographic scenery only experienced in a paradise.
But let us show you healing like you have never experienced before in Okinawa.
Enjoyable sports and activities in this paradise will create new sensations.
The sea colored by sunrise and sunset, the color of sunshine and the sounds of the ocean surf.

The sound of waterfalls moistening over subtropical forests, the babbling streams and the fragrance of flowers.
Sports will make you feel the five senses within the nature of Okinawa and will give you a deep, bright and true healing.
Let us introduce you to such a world of “healing sports.”
Pottering

Enjoy pottering along Fukugi Tree tunnels, called “trees that invite happiness”

Enjoy a rest at a café along the sea found just by chance

By pottering, enjoy local attractiveness and discover something new in every direction.

Pottering has rapidly become popular as a way to stroll freely by bicycle, and has the attractiveness of traveling around spots where cars cannot go, stopping along the way for unique personal discoveries and enjoying as much as you please.

As you exercise, you can savor local gourmet foods without caring about overeating. It’s fun to personally rent a bicycle, but if you want to touch the true faces of Okinawa, participating in a tour with an instructor is also recommended.

Photos taken at: 🌳 Bise Fukugi Tree tunnels (Motobu Town)  🏞️ Yonitan Village
Trekking

Get a charge of abundant energy emitted from nature by subtropical forest trekking.

For those who want to have wild and spiritual experience, while being healed by the nature of Okinawa. It is trekking that satisfies such desires through enjoyable experiences within subtropical nature. From forests with dense greenery like an untouched jungle, waterfalls and streams emitting negative ions, river mouths where mangroves take root to coastlines, trekking courses in Okinawa offer variety and richness. At the spot near a World Heritage Site, remember the history of Ryukyu.

Photos taken at: Ta Waterfall (Ogimi Village) Nakijin Village
Running

Dramatic running, experiencing a sense of oneness with great nature.

Run slowly while taking in the sea, crossing the sea and hearing the sounds of the ocean surf. It is the appeal of Okinawa that allows you to experience such desires and refreshing runs easily anywhere. Courses and the Kaichu Road are straight anywhere with a full of sense of liberty. Enjoy a sense of oneness, fusing into a superb view, while fully enjoying a panoramic view of the sky and sea, as it changes appearance with the passage of a single day.

Photos taken at: Zampa Cape (Yomitan Village) Araha Beach (Chatan Town) Sunset Beach (Chatan Town) Kouri-Ohashi Bridge (Nakijin Village)
Golf
Course debut long yearned for in Okinawa, where you can play comfortably throughout the year.
Beautiful and dynamic locations, from which you can experience a panoramic view of a sea of cobalt blue color and virgin forests in a subtropical zone.
Experience healing rounds at unique golf courses, where beginners and advanced players can enjoy.

Photos taken at: Motobu Town, Nago City, Nanjo City

Yoga
Relaxation from the deep inside your body in harmony with nature in Okinawa.
Yoga liberates you from daily stress and restores the balance of mind and body.
Take poses comfortably surrounded by the great nature of Okinawa, feel a surge of power inside your body and an increased therapeutic effect.

Photos taken at: 21 Century Forest Park (Nago City)
Sup

Surf slowly on the sea looking down beautiful reefs and lagoons

SUP (Stand Up Paddle) where you can see not only the surface of the sea but also under the sea, means boarding and standing while paddling with an oar.

Beginners will improve soon and it expands the way to enjoy the sea in Okinawa.

Photos taken at: Yomitan Village Chinen Cape (Nanjo City)

Sup Yoga

Through Yoga on the water, feel the comfortable waves and contact great nature.

Sup Yoga conducted on the board for SUP is also popular as well as SUP. The sounds of the ocean surf and the comfortable waves sharpen the sense of body and increase the relaxation effect. Looking at the horizon, immerse yourself in the unexperienced sense of liberty.

Photos taken at: Yomitan Village Chinen Cape (Nanjo City)
Horse Riding

Feel the wind on a horse and ride in the nature of Okinawa

Exciting horse riding experience you can only have on Okinawa will be an unforgettable memory.

Enjoy grasslands shining in green and beaches from horseback, and enter the sea while riding a horse in the summer.

You will smile naturally through exchanges with clever and splendid horses.

Photo taken at: Yomitan Village