



## HALEKULANI OKINAWA UNVEILS BLUE ZONES WELL-BEING RETREAT

*Okinawa's Only Luxury Five-Star Resort Launches Blue Zones® Collaboration*

**Okinawa, Japan – June 3, 2024** – [Halekulani Okinawa](#), the only Five-Star luxury resort in Okinawa, today announces a collaboration with Blue Zones, the global leader in longevity research and well-being solutions. The three-year partnership kicks off with a Blue Zones Retreat™ on Oct. 20-26, 2024, exclusively available to Halekulani Okinawa guests, where participants will learn the wisdom of longevity in one of the original blue zone regions of the world.

“With one of the highest concentrations of centenarians in the world, Okinawa is known for its rich culture and history of well-being. We are thrilled to offer a program where guests can experience the food, culture, and lifestyle cultivated here and take home practices to improve their own health and well-being,” said Jun Yoshie, General Manager of Halekulani Okinawa. “Our goal is to integrate the local cultural heritage into every aspect of the guest experience, and this is an ideal opportunity for us to share a piece of Okinawa with our visitors.”

The Blue Zones Retreat at Halekulani Okinawa will last six nights and include an array of experiences and workshops rooted in the Blue Zones research on Okinawan traditions that lead to a longer, happier life.

### **Blue Zones Retreat Highlights:**

- Two Halekulani Okinawa Escapes programs:
  - Discover the Island's Mabui (Soul), which honors Okinawa's origins as the birthplace of karate with a course that teaches pattern-based movements and specialized breathing techniques of the sacred art
  - Discover the Island's Umui (Spirit), a spiritual guided tour through the historic Nanjo region of the island designed to cultivate a mindful connection through three stages of life: past, present, and future
- Plant-forward cuisine and cooking classes with an Okinawan vegetable sommelier
- Traditional Okinawan ceramics class and Yachimun pottery street walk
- Sunrise Sabani boat sailing and meditation
- Traditional tea ceremony

Available exclusively to guests of Halekulani Okinawa, rates for the retreat start at 600,000 Japanese Yen per adult (or approximately \$3,806 per adult; prices vary depending on current exchange rates) and the price excludes accommodation.

For more information, including the full itinerary and booking details, visit [www.okinawa.halekulani.com/en/blue-zones-retreat](http://www.okinawa.halekulani.com/en/blue-zones-retreat).

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### **About Halekulani Okinawa**

Halekulani Okinawa, the second hotel from the leading Hawaiian resort of the same name, is a Forbes Travel Guide double Five-Star beach resort and spa located in Onna Village on the main island of Okinawa. Featuring a variety of accommodations built to emphasize the geographic features of its surroundings, the luxury property sits on 32 acres of lush land within the Okinawa Kaigan Quasi-National Park and faces approximately one mile of coastline. Halekulani Okinawa is home to a diverse array of facilities including eight restaurants and a bar. In addition, the property features the award-winning SpaHalekulani, a fitness center, a luxury boutique, over 2,550 ft<sup>2</sup> of meeting and convention space and five swimming pools, one of which is adorned with nearly 1.5 million mosaic tiles in the shape of Halekulani's signature Cattleya orchid. Halekulani Okinawa is the third property in Japan to join *The Leading Hotels of the World*, an exclusive collection of the world's most extraordinary luxury establishments. For further information, please visit [www.okinawa.halekulani.com](http://www.okinawa.halekulani.com).

### **About Blue Zones®**

[Blue Zones](#) employs evidence-based ways to help people live better, longer. The company's work is rooted in explorations done by National Geographic Fellow Dan Buettner to identify and research the blue zones regions around the world, where people live extraordinarily long and/or happy lives. The original research and findings were released in Buettner's bestselling books *The Blue Zones Solution*, *The Blue Zones of Happiness*, *The Blue Zones*, *Thrive*, *Blue Zones Kitchen*, *Blue Zones Challenge*, and *Blue Zones American Kitchen* — all published by National Geographic books. Using original Blue Zones research, Blue Zones works with cities and counties to make healthy choices easier through permanent and semi-permanent changes to our human-made surroundings. Participating communities have experienced double-digit drops in obesity and tobacco use and have saved millions of dollars in healthcare costs.

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