

AM Activities

7:30 a.m.  
**Mobilize**  
30 min | Movement Studio 2

7:30 a.m.  
**Koloiki Ridge Hike**  
150 min | Great Hall

8:30 a.m.  
**Push-Pull Circuit Training**  
60 min | Movement Studio 2

8:30 a.m.  
**Meditation on The Elements**  
60 min | Yoga Deck

10:00 a.m.  
**Primal Basics**  
60 min | Movement Studio 2

10:45 a.m.  
**The Sleep Imperative**  
45 min | Lecture South

PM Activities

2:00 p.m.  
**Freeing Yourself from Stories**  
60 min | Yoga Pavilion

2:00 p.m.  
**Tai Chi**  
60 min | Movement Studio 1

2:30 p.m.  
**Kettlebell Basics**  
60 min | Movement Studio 2

3:30 p.m.  
**Silent Meditation**  
30 min | Yoga Deck

4:30 p.m.  
**Art Walk Tour**  
60 min | Great Hall

AM Activities

7:00 a.m.  
**Morning Meditation and Yoga**  
60 min | Yoga Pavilion

7:30 a.m.  
**The Daily Warm-up**  
30 min | Movement Studio 2

8:30 a.m.  
**Minimalist Resistance Training**  
60 min | Movement Studio 2

8:30 a.m.  
**Silent Meditation**  
30 min | Yoga Deck

9:30 a.m.  
**Advanced Vinyasa 75**  
75 min | Yoga Pavilion

11:30 a.m.  
**Getting Started with Mindfulness**  
60 min | Yoga Pavilion

PM Activities

1:30 p.m.  
**Introduction to Breathing Basics**  
60 min | Movement Studio 1

2:00 p.m.  
**Sensei Yoga Flow**  
60 min | Yoga Pavilion

3:30 p.m.  
**The Science of Breath**  
45 min | Lecture South

4:00 p.m.  
**Deep Relaxation**  
60 min | Yoga Pavilion

5:30 p.m.  
**Open Sky Meditation**  
30 min | Yoga Deck

AM Activities

7:00 a.m.  
**Morning Meditation and Yoga**  
60 min | Yoga Pavilion

8:30 a.m.  
**Silent Meditation**  
30 min | Yoga Deck

10:00 a.m.  
**Yoga Basics**  
60 min | Yoga Pavilion

10:30 a.m.  
**Sensory Walking Meditation**  
30 min | Swimming Pool

11:00 a.m.  
**Tai Chi**  
60 min | Movement Studio 1

PM Activities

2:00 p.m.  
**Freeing Yourself from Stories**  
60 min | Yoga Pavilion

2:30 p.m.  
**Progressive Intervals**  
60 min | Exercise Pavilion

3:30 p.m.  
**Understanding Nutrition Labels**  
45 min | Lecture South

4:00 p.m.  
**Getting Started with Meditation**  
60 min | Yoga Pavilion

5:30 p.m.  
**Deep Relaxation**  
60 min | Yoga Pavilion

AM Activities

7:30 a.m.  
**Koloiki Ridge Hike**  
150 min | Great Hall

7:30 a.m.  
**Mobilize**  
30 min | Movement Studio 2

8:30 a.m.  
**Target Activations**  
60 min | Movement Studio 2

9:30 a.m.  
**Sensory Walking Meditation**  
30 min | Swimming Pool

10:30 a.m.  
**Getting Started with Compassion**  
60 min | Movement Studio 1

10:45 a.m.  
**Understanding Nutrition Labels**  
45 min | Lecture South

PM Activities

2:30 p.m.  
**Functional Fascia**  
60 min | Movement Studio 2

3:30 p.m.  
**Making Sense of Wearables**  
45 min | Lecture North

4:00 p.m.  
**Sensei Yoga Flow**  
60 min | Yoga Pavilion

4:30 p.m.  
**Freeing Yourself from Stories**  
60 min | Movement Studio 1

5:30 p.m.  
**Restorative Yoga**  
60 min | Yoga Pavilion

AM Activities

7:00 a.m.  
**Morning Meditation and Yoga**  
60 min | Yoga Pavilion

7:30 a.m.  
**The Daily Warm-up**  
30 min | Movement Studio 2

8:30 a.m.  
**Silent Meditation**  
30 min | Yoga Deck

8:30 a.m.  
**Push-Pull Circuit Training**  
60 min | Movement Studio 2

9:30 a.m.  
**Advanced Vinyasa 75**  
75 min | Yoga Pavilion

10:00 a.m.  
**Target Activations**  
60 min | Movement Studio 2

10:30 a.m.  
**Forest Bathing**  
90 min | Yoga Deck

PM Activities

2:00 p.m.  
**Sensei Yoga Flow**  
60 min | Yoga Pavilion

2:30 p.m.  
**Kettlebell Basics**  
60 min | Movement Studio 2

3:30 p.m.  
**Tai Chi**  
60 min | Movement Studio 1

5:00 p.m.  
**Ranch Walk**  
60 min | Great Hall

5:30 p.m.  
**Deep Relaxation**  
60 min | Yoga Pavilion

AM Activities

7:00 a.m.  
**Koloiki Ridge Hike**  
150 min | Great Hall

7:30 a.m.  
**The Daily Warm-up**  
30 min | Movement Studio 2

8:30 a.m.  
**Minimalist Resistance Training**  
60 min | Movement Studio 2

8:30 a.m.  
**Meditation on The Elements**  
60 min | Yoga Deck

10:00 a.m.  
**Sensory Walking Meditation**  
30 min | Swimming Pool

10:00 a.m.  
**Primal Basics**  
60 min | Movement Studio 2

10:30 a.m.  
**Yoga Basics**  
60 min | Yoga Pavilion

PM Activities

2:00 p.m.  
**Getting Started with Self-Compassion**  
60 min | Yoga Pavilion

2:00 p.m.  
**Introduction to Breathing Basics**  
60 min | Movement Studio 1

2:30 p.m.  
**Functional Fascia**  
60 min | Movement Studio 2

3:30 p.m.  
**The Science of Breath**  
45 min | Lecture South

4:00 p.m.  
**Mobilize**  
30 min | Movement Studio 2

4:00 p.m.  
**Sensei Yoga Flow**  
60 min | Yoga Pavilion

5:30 p.m.  
**Restorative Yoga**  
60 min | Yoga Pavilion

AM Activities

7:00 a.m.  
**Koloiki Ridge Hike**  
150 min | Great Hall

7:30 a.m.  
**The Daily Warm-up**  
30 min | Movement Studio 2

8:30 a.m.  
**Core Strength**  
60 min | Movement Studio 2

10:00 a.m.  
**Target Activations**  
60 min | Movement Studio 2

10:00 a.m.  
**Restorative Aerial Yoga**  
90 min | Yoga Pavilion

10:00 a.m.  
**Sensory Walking Meditation**  
30 min | Swimming Pool

PM Activities

2:30 p.m.  
**Functional Fascia**  
60 min | Movement Studio 2

4:00 p.m.  
**Deep Relaxation**  
60 min | Yoga Pavilion

4:00 p.m.  
**Balance Basics**  
30 min | Movement Studio 2

5:00 p.m.  
**Ranch Walk**  
60 min | Great Hall

6:00 p.m.  
**Open Sky Meditation**  
30 min | Yoga Deck