

AM Activities

<p>7:30 a.m.</p> <p>Koloiki Ridge Hike</p> <p>150 min Great Hall</p>	<p>7:30 a.m.</p> <p>Mobilize</p> <p>30 min Movement Studio 2</p>	<p>8:30 a.m.</p> <p>Push-Pull Circuit Training</p> <p>60 min Movement Studio 2</p>
<p>8:30 a.m.</p> <p>Silent Meditation</p> <p>30 min Yoga Deck</p>	<p>10:00 a.m.</p> <p>Primal Basics</p> <p>60 min Movement Studio 2</p>	<p>10:45 a.m.</p> <p>The Sleep Imperative</p> <p>45 min Lecture South</p>

PM Activities

<p>1:00 p.m.</p> <p>Tai Chi</p> <p>60 min Movement Studio 1</p>	<p>2:00 p.m.</p> <p>Freeing Yourself from Stories</p> <p>60 min Yoga Pavilion</p>	<p>2:30 p.m.</p> <p>Kettlebell Basics</p> <p>60 min Movement Studio 2</p>
<p>3:30 p.m.</p> <p>Silent Meditation</p> <p>30 min Yoga Deck</p>	<p>4:30 p.m.</p> <p>Art Walk Tour</p> <p>60 min Great Hall</p>	

AM Activities

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

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

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

11:30 a.m.
Mindfulness for Everyday Living
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

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.
Deep Relaxation
60 min | Yoga Pavilion

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

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

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

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

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

11:30 a.m.
Freeing Yourself from Stories
60 min | Yoga Pavilion

PM Activities

2:30 p.m.
Target Activations
60 min | Movement Studio 2

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
9:00 a.m. Garden Walk: Aroids 60 min	10:00 a.m. Forest Bathing 90 min Yoga Deck	10:00 a.m. Push-Pull Circuit Training 60 min Movement Studio 2
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 South	4:00 p.m. Sensei Yoga Flow 60 min Yoga Pavilion
4:00 p.m. Balance Basics 30 min Movement Studio 2	5:30 p.m. Restorative Yoga 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

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

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

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.
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

AM Activities

<p>7:00 a.m.</p> <p>Koloiki Ridge Hike</p> <p>150 min</p>	<p>7:30 a.m.</p> <p>The Daily Warm-up</p> <p>30 min Movement Studio 2</p>	<p>8:30 a.m.</p> <p>Minimalist Resistance Training</p> <p>60 min Movement Studio 2</p>
<p>8:30 a.m.</p> <p>Meditation on The Elements</p> <p>60 min Yoga Deck</p>	<p>9:00 a.m.</p> <p>Garden Walk</p> <p>60 min Great Hall</p>	<p>10:00 a.m.</p> <p>Primal Basics</p> <p>60 min Movement Studio 2</p>
<p>10:30 a.m.</p> <p>Yoga Basics</p> <p>60 min Yoga Pavilion</p>		

PM Activities

<p>2:00 p.m.</p> <p>Getting Started with Self-Compassion</p> <p>60 min Yoga Pavilion</p>	<p>2:30 p.m.</p> <p>Functional Fascia</p> <p>60 min Movement Studio 2</p>	<p>3:30 p.m.</p> <p>The Science of Breath</p> <p>45 min Lecture South</p>
<p>4:00 p.m.</p> <p>Mobilize</p> <p>30 min Movement Studio 2</p>	<p>4:00 p.m.</p> <p>Sensory Walking Meditation</p> <p>30 min Swimming Pool</p>	<p>4:00 p.m.</p> <p>Sensei Yoga Flow</p> <p>60 min Yoga Pavilion</p>
<p>5:30 p.m.</p> <p>Restorative Yoga</p> <p>60 min Yoga Pavilion</p>		

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

10:30 a.m.
Garden Walk
60 min | Great Hall

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 Pavilion