

AM Activities

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

7:30 a.m.  
**Balance Basics**  
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

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

PM Activities

2:00 p.m.  
**Tai Chi**  
60 min | Yoga Pavilion

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

3:30 p.m.  
**Getting Started with Meditation**  
60 min | Yoga Pavilion

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

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.  
**Target Activations**  
60 min | Movement Studio 2

9:00 a.m.  
**Garden Walk: Aroids**  
60 min

9:30 a.m.  
**Introduction to Breathing Basics**  
60 min | Movement Studio 1

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

11:30 a.m.  
**Getting Started with Compassion**  
60 min | Movement Studio 1

PM Activities

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

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

4:00 p.m.  
**Balance Basics**  
30 min | Movement Studio 1

5:00 p.m.  
**Open Sky Meditation**  
30 min | Yoga Deck

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.  
**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

10:45 a.m.  
**Making Sense of Wearables**  
45 min | Lecture South

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

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

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

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

AM Activities

7:00 a.m. <b>CANCELLED Koloiki Ridge Hike</b> 150 min	7:00 a.m. <b>Morning Meditation and Yoga</b> 60 min   Yoga Pavilion	7:30 a.m. <b>The Daily Warm-up</b> 30 min   Movement Studio 2
8:30 a.m. <b>Minimalist Resistance Training</b> 60 min   Movement Studio 2	8:30 a.m. <b>Silent Meditation</b> 30 min   Yoga Deck	9:00 a.m. <b>Garden Walk</b> 60 min   Great Hall
10:00 a.m. <b>Primal Basics</b> 60 min   Movement Studio 2	11:00 a.m. <b>Restorative Aerial Yoga</b> 90 min   Yoga Pavilion	

PM Activities

2:00 p.m. <b>Getting Started with Compassion</b> 60 min   Movement Studio 1	2:30 p.m. <b>Functional Fascia</b> 60 min   Movement Studio 2	4:00 p.m. <b>Mobilize</b> 30 min   Movement Studio 2
4:00 p.m. <b>Sensei Yoga Flow</b> 60 min   Yoga Pavilion	5:30 p.m. <b>Restorative Yoga</b> 60 min   Yoga Pavilion	

AM Activities

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

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.  
**Restorative Aerial Yoga**  
90 min | Yoga Pavilion

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

PM Activities

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

2:30 p.m.  
**Forest Bathing**  
90 min | Yoga Deck

4:30 p.m.  
**Restorative Yoga**  
60 min | Yoga Pavilion

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

AM Activities

7:00 a.m. <b>Morning Meditation and Yoga</b> 60 min   Yoga Pavilion	7:30 a.m. <b>CANCELLED Koloiki Ridge Hike</b> 150 min   Great Hall	7:30 a.m. <b>Mobilize</b> 30 min   Movement Studio 2
8:30 a.m. <b>CANCELED - Push-Pull Circuit Training</b> 60 min   Movement Studio 2	8:30 a.m. <b>CANCELED - Silent Meditation</b> 30 min   Yoga Deck	10:00 a.m. <b>CANCELED - Yoga Basics</b> 60 min   Yoga Pavilion

PM Activities

2:15 p.m. <b>Garden Walk: The World of Flowers</b> 60 min   Great Hall	2:30 p.m. <b>CANCELED - Kettlebell Basics</b> 60 min   Movement Studio 2	3:00 p.m. <b>Tai Chi</b> 60 min   Movement Studio 1
4:00 p.m. <b>Cancelled Yin Yoga</b> 60 min   Yoga Pavilion	5:30 p.m. <b>Cancelled Restorative Yoga</b> 60 min   Yoga Pavilion	

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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.  
**Cancelled Advanced Vinyasa 75**  
75 min | Yoga Pavilion

10:00 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.  
**Functional Fascia**  
60 min | Movement Studio 2

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

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