

AM Activities

7:00 a.m. Koloiki Ridge Hike 150 min	7:00 a.m. 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 M2	8:30 a.m. Minimalist Resistance Training 60 min M2	8:30 a.m. Silent Meditation 30 min
10:00 a.m. Primal Basics 60 min M2	11:30 a.m. Getting Started with Meditation 60 min Yoga Pavilion	

PM Activities

2:00 p.m. Garden Walk: Aroids 60 min Great Hall	2:00 p.m. Advanced Vinyasa 60 60 min Yoga Pavilion	2:30 p.m. Functional Fascia 60 min M2
4:00 p.m. Aerobic Conditioning 30 min M2	4:00 p.m. Deep Relaxation 60 min Yoga Pavilion	5:30 p.m. Meditation on The Elements 30 min

AM Activities

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

7:00 a.m.
Koloiki Ridge Hike
150 min

7:30 a.m.
The Daily Warm-up
30 min | M2

8:30 a.m.
Kettlebell Basics
60 min | M2

8:30 a.m.
Silent Meditation
30 min

10:00 a.m.
Mobilize
30 min | M2

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

10:30 a.m.
Meditation on The Elements
30 min

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

PM Activities

1:30 p.m.
Restorative Aerial Yoga
90 min | Yoga Pavilion

2:00 p.m.
Garden Walk
60 min | Great Hall

2:30 p.m.
Functional Fascia
60 min | M2

3:30 p.m.
Ranch Walk
60 min | Great Hall

4:00 p.m.
Anaerobic Conditioning
30 min | Exercise Pavillion

4:30 p.m.
Deep Relaxation
60 min | Yoga Pavilion

PM Activities

6:00 p.m.

Open Sky Meditation

30 min

AM Activities

<p>7:00 a.m.</p> <p>Koloiki Ridge Hike</p> <p>150 min</p>	<p>7:30 a.m.</p> <p>Balance Basics</p> <p>30 min M2</p>	<p>8:30 a.m.</p> <p>Target Activations</p> <p>60 min M2</p>
<p>8:30 a.m.</p> <p>Meditation on The Elements</p> <p>30 min</p>	<p>9:30 a.m.</p> <p>Sensory Walking Meditation</p> <p>30 min Swimming Pool</p>	<p>11:00 a.m.</p> <p>Garden Walk: The World of Flowers</p> <p>60 min Great Hall</p>
<p>11:30 a.m.</p> <p>Mindfulness for Everyday Living</p> <p>60 min Yoga Pavilion</p>		

PM Activities

<p>2:30 p.m.</p> <p>Functional Fascia</p> <p>60 min M2</p>	<p>3:30 p.m.</p> <p>Getting Started with Compassion</p> <p>60 min Yoga Pavilion</p>	<p>3:30 p.m.</p> <p>Tai Chi</p> <p>60 min M1</p>
<p>3:30 p.m.</p> <p>Ranch Walk</p> <p>60 min Great Hall</p>	<p>5:30 p.m.</p> <p>Deep Relaxation</p> <p>60 min Yoga Pavilion</p>	

AM Activities

7:30 a.m.
The Daily Warm-up
30 min | M2

8:30 a.m.
Minimalist Resistance Training
60 min | M2

8:30 a.m.
Meditation on The Elements
30 min

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

PM Activities

12:00 p.m.
Getting Started with Compassion
60 min | Yoga Pavilion

3:30 p.m.
Freeing Yourself from Stories
60 min | Yoga Pavilion

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

AM Activities

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

7:30 a.m.
Mobilize
30 min | M2

8:30 a.m.
Target Activations
60 min | M2

8:30 a.m.
Silent Meditation
30 min

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

10:00 a.m.
Meditation on The Elements
30 min

11:30 a.m.
Mindfulness for Everyday Living
60 min | Yoga Pavilion

PM Activities

2:30 p.m.
Functional Fascia
60 min | M2

3:30 p.m.
Tai Chi
60 min | M1

5:30 p.m.
Open Sky Meditation
30 min

AM Activities

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

7:30 a.m.
Balance Basics
30 min | M2

8:30 a.m.
Minimalist Resistance Training
60 min | M2

8:30 a.m.
Silent Meditation
30 min

10:00 a.m.
Garden Walk: The World of Flowers
60 min | Great Hall

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

PM Activities

2:00 p.m.
Garden Walk
60 min | Great Hall

2:30 p.m.
Core Strength
60 min | M2

3:30 p.m.
Freeing Yourself from Stories
60 min | M1

3:30 p.m.
Ranch Walk
60 min | Great Hall

4:00 p.m.
Aerobic Conditioning
30 min | M2

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.
Morning Meditation and Yoga
60 min | Yoga Pavilion

7:00 a.m.
Koloiki Ridge Hike
150 min

7:30 a.m.
Mobilize
30 min | M2

8:30 a.m.
Target Activations
60 min | M2

8:30 a.m.
Silent Meditation
30 min

10:00 a.m.
Core Strength
60 min | M2

10:30 a.m.
Advanced Vinyasa 75
75 min | Yoga Pavilion

PM Activities

2:00 p.m.
Garden Walk: The World of Flowers
60 min | Great Hall

2:30 p.m.
Functional Fascia
60 min | M2

3:30 p.m.
Tai Chi
60 min | M1

4:00 p.m.
Anaerobic Conditioning
30 min | Exercise Pavillion

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

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