

AM Activities

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

10:30 a.m.
Getting Started with Compassion
60 min | Yoga Pavilion

PM Activities

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

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

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

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

PM Activities

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

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

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.
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.
Garden Walk: Aroids
60 min | Great Hall

PM Activities

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

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

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

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

4:00 p.m.
Sensei Yoga Flow
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

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

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

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.
Sensei Yoga Flow
60 min | Yoga Pavilion

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

AM Activities

<p>7:00 a.m.</p> <p>Koloiki Ridge Hike</p> <p>150 min</p>	<p>7:00 a.m.</p> <p>Morning Meditation and Yoga</p> <p>60 min Yoga Pavilion</p>	<p>7:30 a.m.</p> <p>The Daily Warm-up</p> <p>30 min M2</p>
<p>8:30 a.m.</p> <p>Minimalist Resistance Training</p> <p>60 min M2</p>	<p>8:30 a.m.</p> <p>Silent Meditation</p> <p>30 min</p>	<p>11:30 a.m.</p> <p>Getting Started with Meditation</p> <p>60 min Yoga Pavilion</p>

PM Activities

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

AM Activities

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

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

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

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

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

11:00 a.m.
Tai Chi
60 min | M1

PM Activities

12:00 p.m.
Mindfulness for Everyday Living
60 min | Yoga Pavilion

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

2:00 p.m.
Restorative Aerial Yoga
90 min | Yoga Pavilion

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

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

4:00 p.m.
Meditation on The Elements
30 min

PM Activities

4:30 p.m.

Deep Relaxation

60 min | Yoga Pavilion

6:00 p.m.

Open Sky Meditation

30 min

AM Activities

7:00 a.m. Koloiki Ridge Hike 150 min	7:30 a.m. Balance Basics 30 min M2	8:30 a.m. Target Activations 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 Meditation 60 min Yoga Pavilion	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. Getting Started with Compassion 60 min Yoga Pavilion	3:30 p.m. Tai Chi 60 min M1	4:30 p.m. Art Walk Tour 60 min Great Hall
5:30 p.m. Deep Relaxation 60 min Yoga Pavilion		