

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

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

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

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

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

PM Activities

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

2:30 p.m.  
**Freeing Yourself from Stories**  
60 min | Yoga Pavilion

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. <b>Morning Meditation and Yoga</b> 60 min   Yoga Pavilion	7:00 a.m. <b>Koloiki Ridge Hike</b> 150 min   Great Hall	7:30 a.m. <b>Balance Basics</b> 30 min   M2
8:30 a.m. <b>Minimalist Resistance Training</b> 60 min   M2	8:30 a.m. <b>Silent Meditation</b> 30 min	10:00 a.m. <b>Mindfulness for Everyday Living</b> 60 min   Yoga Pavilion

PM Activities

1:00 p.m. <b>Getting Started with Compassion</b> 60 min   Yoga Pavilion	2:00 p.m. <b>Garden Walk</b> 60 min   Great Hall	2:30 p.m. <b>Core Strength</b> 60 min   M2
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.  
**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

7:30 a.m.  
**The Daily Warm-up**  
30 min | M1

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

8:30 a.m.  
**Silent Meditation**  
30 min

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.  
**Sensei Yoga Flow**  
60 min | Yoga Pavilion

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

AM Activities

<div>7:00 a.m.</div> <div>Koloiki Ridge Hike</div> <div>150 min</div>	<div>7:00 a.m.</div> <div>Morning Meditation and Yoga</div> <div>60 min   Yoga Pavilion</div>	<div>7:30 a.m.</div> <div>The Daily Warm-up</div> <div>30 min   M2</div>
<div>8:30 a.m.</div> <div>Minimalist Resistance Training</div> <div>60 min   M2</div>	<div>8:30 a.m.</div> <div>Silent Meditation</div> <div>30 min</div>	<div>10:00 a.m.</div> <div>Primal Basics</div> <div>60 min   M2</div>
<div>10:00 a.m.</div> <div>Garden Walk</div> <div>60 min   Great Hall</div>	<div>11:00 a.m.</div> <div>Special Guest Lecture ~ Reading Between the Signs</div> <div>60 min   Flex 1</div>	<div>11:30 a.m.</div> <div>Getting Started with Meditation</div> <div>60 min   Yoga Pavilion</div>

PM Activities

<div>2:00 p.m.</div> <div>Garden Walk: Aroids</div> <div>60 min   Great Hall</div>	<div>2:00 p.m.</div> <div>Advanced Vinyasa 60</div> <div>60 min   Yoga Pavilion</div>	<div>2:30 p.m.</div> <div>Functional Fascia</div> <div>60 min   M2</div>
<div>3:30 p.m.</div> <div>Ranch Walk</div> <div>60 min   Great Hall</div>	<div>4:00 p.m.</div> <div>Aerobic Conditioning</div> <div>30 min   M2</div>	<div>4:00 p.m.</div> <div>Deep Relaxation</div> <div>60 min   Yoga Pavilion</div>

PM Activities

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

8:30 a.m.  
**Ranch Walk**  
60 min | Great Hall

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

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

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

PM Activities

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 | Exercise Pavillion

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

4:15 p.m.  
**Wellness Hour - Q&A with Dr. Vishal Patel**  
60 min | Great Hall

PM Activities

4:30 p.m.

**Deep Relaxation**

60 min | Yoga Pavilion

6:00 p.m.

**Open Sky Meditation**

30 min



AM Activities

<p>7:00 a.m.</p> <p><b>Koloiki Ridge Hike</b></p> <p>150 min</p>	<p>7:30 a.m.</p> <p><b>Balance Basics</b></p> <p>30 min   M2</p>	<p>8:30 a.m.</p> <p><b>Target Activations</b></p> <p>60 min   M2</p>
<p>8:30 a.m.</p> <p><b>Meditation on The Elements</b></p> <p>30 min</p>	<p>9:30 a.m.</p> <p><b>Sensory Walking Meditation</b></p> <p>30 min   Swimming Pool</p>	<p>10:30 a.m.</p> <p><b>Getting Started with Meditation</b></p> <p>60 min   Yoga Pavilion</p>

PM Activities

<p>2:00 p.m.</p> <p><b>Garden Walk: The World of Flowers</b></p> <p>60 min   Great Hall</p>	<p>2:30 p.m.</p> <p><b>Functional Fascia</b></p> <p>60 min   M2</p>	<p>3:30 p.m.</p> <p><b>Tai Chi</b></p> <p>60 min   M1</p>
<p>4:30 p.m.</p> <p><b>Art Walk Tour</b></p> <p>60 min   Great Hall</p>	<p>5:30 p.m.</p> <p><b>Deep Relaxation</b></p> <p>60 min   Yoga Pavilion</p>	