

AM Activities

7:30 a.m.

Balance Basics

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

2:30 p.m.

Kettlebell Basics

60 min | M1

3:30 p.m.

Mindfulness for Everyday Living

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 | M2

8:30 a.m.
Silent Meditation
30 min

8:30 a.m.
Strength Circuit
60 min | M2

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

PM Activities

2:00 p.m.
Yin Yoga
60 min | Yoga Pavilion

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

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

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

6:00 p.m.
Open Sky Meditation
30 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 | M2

8:30 a.m.
Silent Meditation
30 min

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

9:30 a.m.
Forest Bathing
90 min

PM Activities

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

3:00 p.m.
Anaerobic Conditioning
30 min | Exercise Pavillion

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

4:30 p.m.
Ranch Walk
60 min | Great Hall

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 | Great Hall

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

8:30 a.m.
Silent Meditation
30 min

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

10:30 a.m.
Yoga Basics
60 min | Yoga Pavilion

PM Activities

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

2:30 p.m.
Minimalist Resistance Training
60 min | M2

3:00 p.m.
Art Walk Tour
60 min | Great Hall

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

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

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

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.
Primal Basics
60 min | M2

10:30 a.m.
Freeing Yourself from Stories
60 min | Yoga Pavilion

PM Activities

2:00 p.m.
Yin Yoga
60 min | Yoga Pavilion

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

3:00 p.m.
Forest Bathing
90 min

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

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

6:00 p.m.
Open Sky Meditation
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

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

PM Activities

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

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

3:00 p.m.
Forest Bathing
90 min

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

4:00 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 | Great Hall

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

8:30 a.m.
Core Strength
60 min | M2

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

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

10:00 a.m.
Target Activations
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.
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