

AM Activities

7:00 a.m.

Koloiki Ridge Hike

150 min | Great Hall

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

11:00 a.m.

Strength Circuit

60 min | M2

PM Activities

3:30 p.m.

Getting Started with Meditation

60 min | Yoga Pavilion

AM Activities

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

8:30 a.m.
Silent Meditation
30 min

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

PM Activities

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.
Minimalist Resistance Training
60 min | M2

9:30 a.m.
Forest Bathing
90 min

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

PM Activities

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

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

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.

Koloiki Ridge Hike

150 min | Great Hall

7:30 a.m.

Mobilize

30 min | M2

8:30 a.m.

Target Activations

60 min | M2

9:00 a.m.

Hale Tour

30 min | Hale 8

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.

Functional Fascia

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

9:00 a.m.
Hale Tour
30 min | Hale 2

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

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.
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

7:00 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

9:00 a.m.
Hale Tour
30 min | Hale 2

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

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

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

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

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

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

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

PM Activities

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

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

2:30 p.m.
Functional Fascia
60 min | Exercise Pavillion

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

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

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