

AM Activities

7:00 a.m.

Koloiki Ridge Hike

150 min | Great Hall

7:00 a.m.

Morning Meditation and Yoga

60 min | Yoga Pavilion

8:30 a.m.

Silent Meditation

30 min

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

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

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

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

PM Activities

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

2:00 p.m.  
**Strength Circuit**  
60 min | M2

3:00 p.m.  
**Forest Bathing**  
90 min

4:00 p.m.  
**Deep Relaxation**  
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

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

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

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

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

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

11:00 a.m.  
**Restorative Aerial Yoga**  
90 min | Yoga Pavilion

PM Activities

2:00 p.m.  
**Kettlebell Basics**  
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. <b>Koloiki Ridge Hike</b> 150 min   Great Hall	7:00 a.m. <b>Morning Meditation and Yoga</b> 60 min   Yoga Pavilion	7:30 a.m. <b>Balance Basics</b> 30 min   M2
8:30 a.m. <b>Core Strength</b> 60 min   M2	8:30 a.m. <b>Sensory Walking Meditation</b> 30 min   Swimming Pool	11:00 a.m. <b>Getting Started with Compassion</b> 60 min   Yoga Pavilion

PM Activities

2:00 p.m. <b>Garden Walk: The World of Flowers</b> 60 min   Great Hall	2:30 p.m. <b>Yin Yoga</b> 60 min   Yoga Pavilion	3:30 p.m. <b>Tai Chi</b> 60 min   M1
3:30 p.m. <b>Forest Bathing</b> 90 min	4:00 p.m. <b>Applying Heart Rate to Aerobic Conditioning</b> 30 min   M2	4:30 p.m. <b>Art Walk Tour</b> 60 min   Great Hall
5:30 p.m. <b>Restorative Yoga</b> 60 min   Yoga Pavilion		

AM Activities

7:00 a.m. <b>Morning Meditation and Yoga</b> 60 min   Yoga Pavilion	7:00 a.m. <b>Morning Meditation and Yoga</b> 60 min   M2	7:00 a.m. <b>Getting Started with Meditation</b> 60 min   M1
9:30 a.m. <b>Mindfulness for Everyday Living</b> 60 min   M1	9:30 a.m. <b>Koloiki Ridge Hike</b> 150 min   Great Hall	9:30 a.m. <b>Target Activations</b> 60 min   M2
9:30 a.m. <b>Yoga Basics</b> 60 min   Yoga Pavilion	10:00 a.m. <b>Hale Tour</b> 30 min   Tours	

PM Activities

1:30 p.m. <b>Sensei Yoga Flow</b> 60 min   Yoga Pavilion	1:30 p.m. <b>Forest Bathing</b> 90 min	1:30 p.m. <b>Getting Started with Compassion</b> 60 min   M1
3:00 p.m. <b>Yin Yoga</b> 60 min   Yoga Pavilion	3:00 p.m. <b>Getting Started with Meditation</b> 60 min   M1	

AM Activities

7:00 a.m. <b>Morning Meditation and Yoga</b> 60 min   M1	7:00 a.m. <b>The Daily Warm-up</b> 45 min   M2	7:00 a.m. <b>Restorative Aerial Yoga</b> 60 min   Yoga Pavilion
9:30 a.m. <b>Meditation on The Elements</b> 45 min	9:30 a.m. <b>Yoga Basics</b> 60 min   Yoga Pavilion	9:30 a.m. <b>Advanced Vinyasa</b> 60 min   M1
9:30 a.m. <b>Minimalist Resistance Training</b> 60 min   M2	9:30 a.m. <b>Koloiki Ridge Hike</b> 150 min   Great Hall	11:00 a.m. <b>Mindfulness for Everyday Living</b> 60 min   M1
11:00 a.m. <b>Yin Yoga</b> 60 min   Yoga Pavilion		

PM Activities

1:30 p.m. <b>Sensei Yoga Flow</b> 60 min   Yoga Pavilion	1:30 p.m. <b>Tai Chi</b> 60 min   Swimming Pool	1:30 p.m. <b>Functional Fascia</b> 60 min   Exercise Pavillion
1:30 p.m. <b>Forest Bathing</b> 90 min	1:30 p.m. <b>Getting Started with Compassion</b> 60 min   M1	

AM Activities

7:00 a.m.  
**The Daily Warm-up**  
45 min | M2

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

7:00 a.m.  
**Morning Meditation and Yoga**  
60 min | M1

9:30 a.m.  
**Garden Walk**  
60 min | Great Hall

9:30 a.m.  
**Koloiki Ridge Hike**  
150 min

9:30 a.m.  
**Koloiki Ridge Hike**  
150 min

9:30 a.m.  
**Advanced Vinyasa**  
60 min | M1

9:30 a.m.  
**Mindfulness for Everyday Living**  
60 min | Yoga Pavilion

11:00 a.m.  
**Yin Yoga**  
60 min | M1

11:00 a.m.  
**Ranch Walk**  
60 min | Great Hall

PM Activities

2:00 p.m.  
**Functional Fascia**  
60 min | M2

2:00 p.m.  
**Sensei Yoga Flow**  
60 min | Yoga Pavilion

2:00 p.m.  
**Forest Bathing**  
75 min

4:00 p.m.  
**Garden Walk**  
60 min | Great Hall

4:00 p.m.  
**Restorative Yoga**  
60 min | Yoga Pavilion

PM Activities

4:00 p.m.	4:00 p.m.
<b>Getting Started with Meditation</b>	<b>Mobilize</b>
60 min   M1	45 min   M2