

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

10:00 a.m.  
**Primal Basics**  
60 min | M2

10:30 a.m.  
**Yoga Basics**  
60 min | M1

11:30 a.m.  
**Restorative Aerial Yoga**  
90 min | Yoga Pavilion

PM Activities

2:00 p.m.  
**Mindfulness for Everyday Living**  
60 min | Yoga Pavilion

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

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

5:00 p.m.  
**Open Sky Meditation**  
30 min

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

8:30 a.m.  
**Ranch Walk**  
60 min

10:00 a.m.  
**Primal Basics**  
60 min | M2

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

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

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

4:00 p.m.  
**Applying Heart Rate to Aerobic Conditioning**  
30 min | M2

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

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

10:30 a.m.  
**Getting Started with Meditation**  
60 min | M1

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

PM Activities

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

4:00 p.m.  
**Applying Heart Rate to Anaerobic Conditioning**  
30 min | Exercise Pavillion

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

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

4:00 p.m.

Aerobic Conditioning

30 min | M2

4:30 p.m.

Art Walk Tour

60 min | Great Hall

5:30 p.m.

Restorative Yoga

60 min | Yoga Pavilion

AM Activities

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.  
**Minimalist Resistance Training**  
60 min | M2

PM Activities

2:30 p.m.  
**Koloiki Ridge Hike**  
150 min | Great Hall

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

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

AM Activities

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**Morning Meditation and Yoga**  
60 min | Yoga Pavilion

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

9:00 a.m.  
**Hale Tour**  
30 min | Hale 8

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.  
**Restorative Yoga**  
60 min | Yoga Pavilion

6:00 p.m.  
**Open Sky Meditation**  
30 min

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30 min | M2

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**Silent Meditation**  
30 min

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

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

9:30 a.m.  
**Forest Bathing**  
90 min

PM Activities

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**Garden Walk: Aroids**  
60 min | Great Hall

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**Core Strength**  
60 min | M2

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