

AM Activities

7:00 a.m. Koloiki Ridge Hike 150 min Great Hall	7:00 a.m. Koloiki Ridge Hike 150 min	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. Target Activations 60 min M2	9:00 a.m. Garden Walk: The World of Flowers 60 min
9:30 a.m. Restorative Aerial Yoga 90 min Yoga Pavilion	10:30 a.m. Sensory Walking Meditation 30 min Swimming Pool	

PM Activities

2:00 p.m. Sensei Yoga Flow 60 min Yoga Pavilion	2:30 p.m. Kettlebell Basics 60 min M2	3:30 p.m. Forest Bathing 90 min
4:00 p.m. Applying Heart Rate to 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

7:00 a.m.
Koloiki Ridge Hike
150 min

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

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

9:00 a.m.
Hale Tour
30 min

10:30 a.m.
Mindfulness for Everyday Living
60 min | Yoga Pavilion

PM Activities

1:30 p.m.
Garden Walk
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.
Applying Heart Rate to Aerobic Conditioning
30 min | M2

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

AM Activities

10:00 a.m.

Hale Tour

30 min | Hale 8

10:00 a.m.

Minimalist Resistance Training

60 min | M2

10:30 a.m.

Getting Started with Meditation

60 min | Yoga Pavilion

PM Activities

1:30 p.m.

Meditation on The Elements

30 min | Yoga Pavilion

2:30 p.m.

Koloiki Ridge Hike

150 min

3:30 p.m.

Freeing Yourself from Stories

60 min | Yoga Pavilion

AM Activities

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

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

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

10:30 a.m.
Silent Meditation
30 min

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

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

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

9:00 a.m.
Forest Bathing
90 min

10:00 a.m.
Functional Fascia
60 min | M2

PM Activities

12:00 p.m.
Garden Walk
60 min | Great Hall

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

2:30 p.m.
Koloiki Ridge Hike
150 min

4:00 p.m.
Ranch Walk
60 min

AM Activities

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

7:00 a.m.
Koloiki Ridge Hike
150 min

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.
Target Activations
60 min | M2

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

PM Activities

2:00 p.m.
Garden Walk
60 min

3:00 p.m.
Art Walk Tour
60 min

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

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

AM Activities

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

7:00 a.m.
Koloiki Ridge Hike
150 min

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

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

8:30 a.m.
Kettlebell Basics
60 min | M2

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

9:00 a.m.
Garden Walk
60 min

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

PM Activities

2:00 p.m.
Minimalist Resistance Training
60 min | M2

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

3:00 p.m.
Forest Bathing
90 min

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