

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

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

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

8:30 a.m.  
**Advanced Vinyasa 60**  
60 min | Yoga Pavilion

PM Activities

1:30 p.m.  
**Getting Started with Meditation**  
60 min | M1

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

3:30 p.m.  
**Sensei Yoga Flow**  
60 min | Yoga Pavilion

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

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

AM Activities

7:00 a.m. <b>Morning Meditation and Yoga</b> 60 min   Yoga Pavilion	8:30 a.m. <b>Silent Meditation</b> 30 min	10:30 a.m. <b>Sensory Walking Meditation</b> 30 min   Swimming Pool
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PM Activities

1:30 p.m. <b>Mindfulness for Everyday Living</b> 60 min   Yoga Pavilion	2:30 p.m. <b>Koloiki Ridge Hike</b> 150 min	3:30 p.m. <b>Sensei Yoga Flow</b> 60 min   Yoga Pavilion
5:30 p.m. <b>Yin Yoga</b> 60 min   Yoga Pavilion	6:00 p.m. <b>Open Sky Meditation</b> 30 min	

AM Activities

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

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

8:30 a.m.  
**Advanced Vinyasa 60**  
60 min | Yoga Pavilion

10:00 a.m.  
**Yoga Basics**  
60 min | Yoga Pavilion

PM Activities

3:30 p.m.  
**Getting Started with Compassion**  
60 min | M1

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

AM Activities

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

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

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

9:00 a.m.  
**Forest Bathing**  
90 min

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

PM Activities

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

3:30 p.m.  
**Freeing Yourself from Stories**  
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.  
**The Daily Warm-up**  
30 min | M2

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

PM Activities

2:00 p.m.  
**Tai Chi**  
60 min | M1

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.  
**Applying Heart Rate to Anaerobic Conditioning**  
30 min | M2

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

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

2:30 p.m.  
**Garden Walk: Aroids**  
60 min | Great Hall

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

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

AM Activities

7:00 a.m. <b>Koloiki Ridge Hike</b> 150 min   Great Hall	7:00 a.m. <b>Koloiki Ridge Hike</b> 150 min	7:00 a.m. <b>Morning Meditation and Yoga</b> 60 min   Yoga Pavilion
7:30 a.m. <b>The Daily Warm-up</b> 30 min   M2	8:30 a.m. <b>Target Activations</b> 60 min   M2	9:00 a.m. <b>Hale Tour</b> 30 min
9:00 a.m. <b>Garden Walk: The World of Flowers</b> 60 min	10:30 a.m. <b>Sensory Walking Meditation</b> 30 min   Swimming Pool	

PM Activities

2:00 p.m. <b>Yin Yoga</b> 60 min   Yoga Pavilion	2:30 p.m. <b>Functional Fascia</b> 60 min   M2	3:30 p.m. <b>Forest Bathing</b> 90 min
4:00 p.m. <b>Deep Relaxation</b> 60 min   Yoga Pavilion	4:00 p.m. <b>Applying Heart Rate to Anaerobic Conditioning</b> 30 min   M2	6:00 p.m. <b>Open Sky Meditation</b> 30 min