

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

8:30 a.m.
Yoga Basics
60 min | Yoga Pavilion

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

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

11:30 a.m.
Garden Walk: The World of Flowers
60 min | Great Hall

PM Activities

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

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

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

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

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.
Silent Meditation
30 min

10:00 a.m.
Core Strength
60 min | M2

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

PM Activities

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

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

3:30 p.m.
Freeing Yourself from Stories
60 min | Yoga Pavilion

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

AM Activities

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

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

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

10:45 a.m.
Making Sense of Wearables
45 min | Flex 1

PM Activities

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

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.
Minimalist Resistance Training
60 min | M2

9:00 a.m.
Forest Bathing
90 min

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

PM Activities

1:30 p.m.
Mindfulness for Everyday Living
60 min | Yoga Pavilion

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

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

2:30 p.m.
Applying Heart Rate to Anaerobic Conditioning
30 min | Exercise Pavillion

2:30 p.m.
Garden Walk
60 min

4:00 p.m.
Ranch Walk
60 min

4:00 p.m.
Sensei Yoga Flow
60 min | Yoga Pavilion

5:30 p.m.
Yin 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.
The Daily Warm-up
30 min | M2

8:30 a.m.
Silent Meditation
30 min

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

9:30 a.m.
Yoga Basics
60 min

PM Activities

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

3:00 p.m.
Art Walk Tour
60 min | Great Hall

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.
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.
Garden Walk
60 min

10:00 a.m.
Applying Heart Rate to Aerobic Conditioning
30 min | M2

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

<p>7:00 a.m.</p> <p>Koloiki Ridge Hike</p> <p>150 min Great Hall</p>	<p>7:00 a.m.</p> <p>Morning Meditation and Yoga</p> <p>60 min Yoga Pavilion</p>	<p>7:30 a.m.</p> <p>The Daily Warm-up</p> <p>30 min M2</p>
<p>8:00 a.m.</p> <p>Silent Meditation</p> <p>30 min</p>	<p>8:30 a.m.</p> <p>Target Activations</p> <p>60 min M2</p>	<p>9:00 a.m.</p> <p>Garden Walk: The World of Flowers</p> <p>60 min</p>
<p>9:30 a.m.</p> <p>Restorative Aerial Yoga</p> <p>90 min Yoga Pavilion</p>	<p>10:30 a.m.</p> <p>Sensory Walking Meditation</p> <p>30 min Swimming Pool</p>	

PM Activities

<p>2:00 p.m.</p> <p>Yin Yoga</p> <p>60 min Yoga Pavilion</p>	<p>2:30 p.m.</p> <p>Functional Fascia</p> <p>60 min M2</p>	<p>3:30 p.m.</p> <p>Forest Bathing</p> <p>90 min</p>
<p>4:00 p.m.</p> <p>Deep Relaxation</p> <p>60 min Yoga Pavilion</p>	<p>4:00 p.m.</p> <p>Mobilize</p> <p>30 min M2</p>	<p>6:00 p.m.</p> <p>Open Sky Meditation</p> <p>30 min</p>