

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

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

PM Activities

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

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.
Minimalist Resistance Training
60 min | M2

8:30 a.m.
Sensory Walking Meditation
30 min | Swimming Pool

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

PM Activities

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

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

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.
Advanced Vinyasa 60
60 min | Yoga Pavilion

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

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

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