

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

9:30 a.m.  
**Advanced Vinyasa 75**  
75 min | Yoga Pavilion

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

PM Activities

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

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

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

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 | Yoga Pavilion

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.  
**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.  
**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

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

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

3:30 p.m.  
**Forest Bathing**  
90 min

4:00 p.m.  
**Deep Relaxation**  
60 min | Yoga Pavilion

4:00 p.m.  
**Mobilize**  
30 min | M2

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

7:30 a.m.  
**Mobilize**  
30 min | M2

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

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

PM Activities

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

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

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

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

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

AM Activities

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