

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

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

5:00 p.m.  
Forest Bathing  
90 min

AM Activities

7:00 a.m. <b>Koloiki Ridge Hike</b> 150 min   Great Hall	7:00 a.m. <b>Morning Meditation and Yoga</b> 60 min   Yoga Pavilion	7:30 a.m. <b>Mobilize</b> 30 min   M2
8:30 a.m. <b>Kettlebell Basics</b> 60 min   M2	8:30 a.m. <b>Sensory Walking Meditation</b> 30 min   Swimming Pool	9:00 a.m. <b>Garden Walk</b> 60 min
9:30 a.m. <b>Advanced Vinyasa 75</b> 75 min   Yoga Pavilion	10:00 a.m. <b>Applying Heart Rate to Aerobic Conditioning</b> 30 min   M2	10:30 a.m. <b>Getting Started with Meditation</b> 60 min   M1

PM Activities

2:00 p.m. <b>Minimalist Resistance Training</b> 60 min   M2	2:00 p.m. <b>Sensei Yoga Flow</b> 60 min   Yoga Pavilion	2:30 p.m. <b>Garden Walk: Aroids</b> 60 min   Great Hall
4:00 p.m. <b>Ranch Walk</b> 60 min   Great Hall	6:00 p.m. <b>Open Sky Meditation</b> 30 min   Yoga Pavilion	

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.  
**The Daily Warm-up**  
30 min | M2

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

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

9:00 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.  
**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.  
**Meditation on The Elements**  
30 min

AM Activities

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

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

7:00 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

8:30 a.m.  
**Sensei Yoga Flow**  
60 min | Yoga Pavilion

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

PM Activities

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

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.  
**Meditation on The Elements**  
30 min

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

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

10:30 a.m.  
**Getting Started with Meditation**  
60 min | M1

PM Activities

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

3:30 p.m.  
**Freeing Yourself from Stories**  
60 min | M1

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

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

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

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

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

9:00 a.m.  
**Yoga Basics**  
60 min | Yoga Pavilion

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

11:30 a.m.  
**Getting Started with Compassion**  
60 min | Yoga Pavilion

PM Activities

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

4:00 p.m.  
**Yin Yoga**  
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

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

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

11:30 a.m.  
**Freeing Yourself from Stories**  
60 min | Yoga Pavilion

PM Activities

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

2:30 p.m.  
**Garden Walk**  
60 min

3:00 p.m.  
**Applying Heart Rate to Anaerobic Conditioning**  
30 min | M2

4:00 p.m.  
**Ranch Walk**  
60 min

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

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