

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.
Silent Meditation
30 min

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

11:00 a.m.
Yoga Basics
60 min | Yoga Pavilion

PM Activities

2:00 p.m.
Tai Chi
60 min | Yoga Pavilion

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

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

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

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

4:30 p.m.
Getting Started with Meditation
60 min | M1

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.
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.
Kettlebell Basics
60 min | M2

8:30 a.m.
Silent Meditation
30 min

9:00 a.m.
Garden Walk
60 min

9:30 a.m.
Forest Bathing
90 min

10:00 a.m.
Primal Basics
60 min | M1

PM Activities

12:00 p.m.
Restorative Aerial Yoga
60 min | Yoga Pavilion

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.
Deep Relaxation
60 min | Yoga Pavilion

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

AM Activities

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

9:30 a.m.
Restorative Aerial Yoga
90 min | Yoga Pavilion

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

11:30 a.m.
Mindfulness for Everyday Living
60 min | M1

11:30 a.m.
Restorative Aerial Yoga
90 min | Yoga Pavilion

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.
Sensei Yoga Flow
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.

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

10:30 a.m.

Mindfulness for Everyday Living

60 min | Yoga Pavilion

PM Activities

1:30 p.m.

Sensei Yoga Flow

60 min | Yoga Pavilion

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

4:30 p.m.

Art Walk Tour

60 min | Great Hall

AM Activities

7:30 a.m.
The Daily Warm-up
30 min | M2

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

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 | Yoga Pavilion

PM Activities

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

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

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

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

9:30 a.m.
Sensory Walking Meditation
30 min | Swimming Pool

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

PM Activities

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

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

<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>Balance Basics</div> <div>30 min M2</div>	<div>8:30 a.m.</div> <div>Minimalist Resistance Training</div> <div>60 min M2</div>
<div>8:30 a.m.</div> <div>Getting Started with Meditation</div> <div>60 min M1</div>	<div>9:00 a.m.</div> <div>Forest Bathing</div> <div>90 min</div>	<div>9:30 a.m.</div> <div>Advanced Vinyasa 75</div> <div>75 min Yoga Pavilion</div>
<div>10:00 a.m.</div> <div>Functional Fascia</div> <div>60 min M2</div>	<div>10:00 a.m.</div> <div>Hale Tour</div> <div>30 min Tours</div>	<div>10:30 a.m.</div> <div>Sensory Walking Meditation</div> <div>30 min Swimming Pool</div>
<div>11:30 a.m.</div> <div>Freeing Yourself from Stories</div> <div>60 min Yoga Pavilion</div>		

PM Activities

<div>2:00 p.m.</div> <div>Garden Walk</div> <div>60 min Great Hall</div>	<div>2:30 p.m.</div> <div>Koloiki Ridge Hike</div> <div>150 min</div>	<div>3:00 p.m.</div> <div>Applying Heart Rate to Anaerobic Conditioning</div> <div>30 min M2</div>
<div>4:00 p.m.</div> <div>Ranch Walk</div> <div>60 min</div>	<div>4:00 p.m.</div> <div>Sensei Yoga Flow</div> <div>60 min Yoga Pavilion</div>	

PM Activities

5:00 p.m.
Meditation on The Elements
30 min

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