

AM Activities

- 7:00 a.m.

Koloiki Ridge Hike

150 min
- 8:30 a.m.

Sensei Yoga Flow

60 min | Yoga Pavilion
- 10:30 a.m.

Meditation on The Elements

30 min

- 7:30 a.m.

The Daily Warm-up

30 min | M2
- 10:00 a.m.

Hale Tour

30 min | Tours
- 11:45 a.m.

Mindfulness for Everyday Living

60 min | Yoga Pavilion

- 8:30 a.m.

Target Activations

60 min | M2
- 10:30 a.m.

Strength Circuit

60 min | M2

PM Activities

- 2:00 p.m.

Functional Fascia

60 min | M2
- 5:00 p.m.

Restorative Yoga

60 min | Yoga Pavilion

- 3:00 p.m.

Yoga Basics

60 min | Yoga Pavilion
- 6:00 p.m.

Open Sky Meditation

30 min

- 4:30 p.m.

Art Walk Tour

60 min | Great Hall

AM Activities

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

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

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

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

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

10:00 a.m.
Getting Started with Meditation
60 min | Yoga Pavilion

10:00 a.m.
Hale Tour
30 min | Tours

10:30 a.m.
Core Strength
60 min | M2

PM Activities

2:00 p.m.
Functional Fascia
60 min | M2

2:00 p.m.
Koloiki Ridge Hike
150 min | Great Hall

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

3:30 p.m.
Yin Yoga
60 min | Yoga Pavilion

5:30 p.m.
Deep Relaxation
60 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 Wellness Hale	10:00 a.m. Getting Started with Compassion 60 min M1
10:00 a.m. Hale Tour 30 min Tours	10:30 a.m. Applying Heart Rate to Aerobic Conditioning 30 min M2	11:45 a.m. Yin Yoga 60 min Yoga Pavilion

PM Activities

2:00 p.m. Ranch Walk 60 min Great Hall	2:00 p.m. Functional Fascia 60 min M2	4:00 p.m. Freeing Yourself from Stories 60 min Yoga Pavilion
4:00 p.m. Advanced Vinyasa 60 60 min M1	6:00 p.m. Meditation on The Elements 30 min	

AM Activities

7:00 a.m.

Koloiki Ridge Hike

150 min | Great Hall

7:30 a.m.

The Daily Warm-up

30 min | M2

8:30 a.m.

Minimalist Resistance Training

60 min | M2

8:30 a.m.

Sensei Yoga Flow

60 min | Yoga Pavilion

9:00 a.m.

Forest Bathing

90 min

10:00 a.m.

Hale Tour

30 min | Tours

10:30 a.m.

Applying Heart Rate to Anaerobic Conditioning

30 min | M2

10:30 a.m.

Freeing Yourself from Stories

60 min | Yoga Pavilion

PM Activities

2:00 p.m.

Functional Fascia

60 min | M2

2:00 p.m.

Deep Relaxation

60 min | Yoga Pavilion

4:00 p.m.

Sensei Yoga Flow

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.

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

9:45 a.m.

Yoga Basics

60 min | Yoga Pavilion

10:00 a.m.

Sensory Walking Meditation

30 min | Swimming Pool

10:00 a.m.

Hale Tour

30 min | Tours

PM Activities

2:00 p.m.

Garden Walk: The World of Flowers

60 min | Great Hall

2:00 p.m.

Minimalist Resistance Training

60 min | M2

3:00 p.m.

Mindfulness for Everyday Living

60 min | M1

3:00 p.m.

Art Walk Tour

60 min | Great Hall

3:30 p.m.

Functional Fascia

60 min | M2

3:30 p.m.

Restorative Aerial Yoga

90 min | Yoga Pavilion

5:00 p.m.

Getting Started with Compassion

60 min | M1

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.

The Daily Warm-up

30 min | M2

8:30 a.m.

Primal Basics

60 min | M2

9:00 a.m.

Forest Bathing

90 min

9:00 a.m.

Restorative Aerial Yoga

90 min | Yoga Pavilion

10:00 a.m.

Getting Started with Meditation

60 min | M1

10:00 a.m.

Hale Tour

30 min | Tours

11:30 a.m.

Strength Circuit

60 min | M2

11:45 a.m.

Sensory Walking Meditation

30 min | Swimming Pool

PM Activities

2:00 p.m.

Ranch Walk

60 min | Great Hall

2:00 p.m.

Functional Fascia

60 min | M2

2:00 p.m.

Yoga Basics

60 min | Yoga Pavilion

3:30 p.m.

Kettlebell Basics

60 min | M2

4:00 p.m.

Garden Walk: Aroids

60 min | Great Hall

PM Activities

5:00 p.m.

Open Sky Meditation

30 min

AM Activities

<p>7:00 a.m.</p> <p>Koloiki Ridge Hike</p> <p>150 min</p>	<p>7:30 a.m.</p> <p>The Daily Warm-up</p> <p>30 min M2</p>	<p>8:30 a.m.</p> <p>Balance Basics</p> <p>30 min M2</p>
<p>8:30 a.m.</p> <p>Advanced Vinyasa 60</p> <p>60 min Yoga Pavilion</p>	<p>9:00 a.m.</p> <p>Garden Walk: The World of Flowers</p> <p>60 min Great Hall</p>	<p>10:00 a.m.</p> <p>Hale Tour</p> <p>30 min Tours</p>
<p>10:30 a.m.</p> <p>Core Strength</p> <p>60 min M2</p>	<p>10:30 a.m.</p> <p>Yin Yoga</p> <p>60 min Yoga Pavilion</p>	

PM Activities

<p>1:30 p.m.</p> <p>Restorative Aerial Yoga</p> <p>90 min Yoga Pavilion</p>	<p>2:00 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>6:00 p.m.</p> <p>Open Sky Meditation</p> <p>30 min</p>	