

AM Activities

7:00 a.m. Koloiki Ridge Hike 150 min	7:30 a.m. The Daily Warm-up 30 min M2	8:30 a.m. Target Activations 60 min M2
8:30 a.m. Sensei Yoga Flow 60 min Yoga Pavilion	8:30 a.m. Forest Bathing 90 min	10:30 a.m. Strength Circuit 60 min M2
10:30 a.m. Meditation on The Elements 30 min	10:30 a.m. Hale Tour 30 min Tours	11:45 a.m. Mindfulness for Everyday Living 60 min Yoga Pavilion

PM Activities

2:00 p.m. Garden Walk: Aroids 60 min Great Hall	2:00 p.m. Functional Fascia 60 min M2	3:00 p.m. Yoga Basics 60 min Yoga Pavilion
4:00 p.m. Getting Started with Meditation 60 min M1	4:30 p.m. Art Walk Tour 60 min Great Hall	5:00 p.m. Restorative Yoga 60 min Yoga Pavilion

PM Activities

6:00 p.m.

Open Sky Meditation

30 min

AM Activities

7:00 a.m.

Koloiki Ridge Hike

150 min

7:30 a.m.

The Daily Warm-up

30 min | M2

7:30 a.m.

Yoga Basics

60 min | Yoga Pavilion

8:30 a.m.

Minimalist Resistance Training

60 min | M2

8:30 a.m.

Sensory Walking Meditation

30 min | Swimming Pool

9:30 a.m.

Restorative Aerial Yoga

90 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

<p>7:00 a.m.</p> <p>Koloiki Ridge Hike</p> <p>150 min Great Hall</p>	<p>7:00 a.m.</p> <p>Morning Meditation and Yoga</p> <p>60 min Yoga Pavilion</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>Target Activations</p> <p>60 min M2</p>	<p>8:30 a.m.</p> <p>Silent Meditation</p> <p>30 min</p>	<p>10:00 a.m.</p> <p>Getting Started with Compassion</p> <p>60 min Yoga Pavilion</p>
<p>10:00 a.m.</p> <p>Hale Tour</p> <p>30 min Tours</p>	<p>10:30 a.m.</p> <p>Applying Heart Rate to Aerobic Conditioning</p> <p>30 min M2</p>	

PM Activities

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

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	11:30 a.m. Ranch Walk 60 min Great Hall

PM Activities

2:00 p.m. Koloiki Ridge Hike 150 min Great Hall	2:00 p.m. Functional Fascia 60 min M2	2:00 p.m. Deep Relaxation 60 min Yoga Pavilion
4:00 p.m. Advanced Vinyasa 60 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

12:30 p.m.

Balance Basics
30 min | M1

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 | Yoga Pavilion

3:00 p.m.

Art Walk Tour
60 min | Great Hall

5:00 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.
Primal Basics
60 min | M2

9:00 a.m.
Forest Bathing
90 min

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

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

5:00 p.m.
Open Sky Meditation
30 min

AM Activities

7:00 a.m.

Koloiki Ridge Hike

150 min

7:30 a.m.

The Daily Warm-up

30 min | M2

8:30 a.m.

Balance Basics

30 min | M2

8:30 a.m.

Advanced Vinyasa 60

60 min | Yoga Pavilion

9:00 a.m.

Garden Walk: The World of Flowers

60 min | Great Hall

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

3:00 p.m.

Yin Yoga

60 min | Yoga Pavilion

4:00 p.m.

Deep Relaxation

60 min | M2

6:00 p.m.

Open Sky Meditation

30 min