

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	8:30 a.m. Meditation on The Elements 30 min	9:00 a.m. Forest Bathing 90 min
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. Sensei Yoga Flow 60 min Yoga Pavilion	4:00 p.m. Garden Walk: The World of Flowers 60 min	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

11:15 a.m.
Restorative Yoga
60 min | Yoga Pavilion

PM Activities

2:00 p.m.
Minimalist Resistance Training
60 min | M2

2:00 p.m.
Garden Walk: Aroids
60 min | Great Hall

3:00 p.m.
Mindfulness for Everyday Living
60 min | Yoga Pavilion

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

3:30 p.m.
Functional Fascia
60 min | M2

3:30 p.m.
Forest Bathing
90 min

5:00 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 | 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

9:00 a.m.
Forest Bathing
90 min

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

4:00 p.m.
Garden Walk: Aroids
60 min | Great Hall

4:00 p.m.
Restorative Aerial Yoga
60 min | Yoga Pavilion

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

10:30 a.m.

Core Strength

60 min | M2

10:30 a.m.

Sensory Walking Meditation

30 min | Swimming Pool

PM Activities

1:30 p.m.

Yin Yoga

60 min | Yoga Pavilion

2:00 p.m.

Functional Fascia

60 min | M2

3:30 p.m.

Forest Bathing

90 min

3:30 p.m.

Restorative Aerial Yoga

60 min | Yoga Pavilion

4:00 p.m.

Deep Relaxation

60 min | M2

5:30 p.m.

Restorative Aerial 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.
The Daily Warm-up
30 min | M2

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

9:00 a.m.
Forest Bathing
90 min

10:30 a.m.
Meditation on The Elements
30 min

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

PM Activities

1:30 p.m.
Sensory Walking Meditation
30 min | Swimming Pool

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

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

4:00 p.m.
Getting Started with Meditation
60 min | M1

4:00 p.m.
Tai Chi
60 min | M2

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

5:00 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

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

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

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

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

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

PM Activities

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

3:30 p.m.
Deep Relaxation
60 min | Yoga Pavilion

4:00 p.m.
Yin Yoga
60 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

8:30 a.m.
Silent Meditation
30 min

8:30 a.m.
Balance Basics
30 min | M2

9:30 a.m.
Kettlebell Basics
60 min | M2

10:00 a.m.
Getting Started with Compassion
60 min | M1

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

11:00 a.m.
Applying Heart Rate to Anaerobic Conditioning
30 min | M2

11:30 a.m.
Yin Yoga
60 min | Yoga Pavilion

PM Activities

1:30 p.m.
Deep Relaxation
60 min | Yoga Pavilion

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

4:00 p.m.
Tai Chi
60 min | M2

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