

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

9:30 a.m.
Sensei Yoga Flow
60 min | Yoga Pavilion

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

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

PM Activities

1:00 p.m.
Functional Fascia
60 min | M2

2:30 p.m.
Mobilize
30 min | M2

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

4:00 p.m.
Open Sky Meditation
30 min | M1

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.
Strength Circuit
60 min | M2

9:30 a.m.
Yoga Basics
60 min | Yoga Pavilion

10:00 a.m.
Hale Tour H-1
30 min | Tours

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

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

PM Activities

1:00 p.m.
Functional Fascia
60 min | M2

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

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

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

5:30 p.m.
Open Sky Meditation
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. Sensei Yoga Flow 60 min Yoga Pavilion
8:30 a.m. Target Activations 60 min M2	9:00 a.m. Forest Bathing 90 min Onsen Kiosk	10:00 a.m. Hale Tour 30 min Tours
10:00 a.m. Strength Circuit 60 min M2	10:30 a.m. Meditation on The Elements 30 min	

PM Activities

2:00 p.m. Koloiki Ridge Hike 150 min	2:30 p.m. Functional Fascia 60 min M2	2:30 p.m. Sensei Yoga Flow 60 min Yoga Pavilion
4:00 p.m. Garden Walk: Aroids 60 min Great Hall	5:00 p.m. Restorative Yoga 60 min Yoga Pavilion	5:30 p.m. Open Sky Meditation 30 min

AM Activities

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

7:30 a.m.
Morning Meditation and Yoga
60 min | Yoga Pavilion

7:30 a.m.
Applying Heart Rate to Aerobic Conditioning
30 min | M1

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

9:30 a.m.
Minimalist Resistance Training
60 min | M2

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

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

PM Activities

12:00 p.m.
Sensei Yoga Flow
60 min | Yoga Pavilion

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

2:30 p.m.
Primal Basics
60 min | M2

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

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

5:30 p.m.
Restorative Yoga
60 min | Yoga Pavilion

AM Activities

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

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

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

9:00 a.m.
Forest Bathing
90 min | Onsen Kiosk

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

PM Activities

1:00 p.m.
Functional Fascia
60 min | M2

2:00 p.m.
Restorative Aerial Yoga
60 min | Yoga Pavilion

2:30 p.m.
Mobilize
30 min | M2

4:00 p.m.
Garden Walk
60 min

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

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>7:30 a.m.</p> <p>Applying Heart Rate to Aerobic Conditioning</p> <p>30 min M1</p>	<p>9:00 a.m.</p> <p>Forest Bathing</p> <p>90 min</p>	<p>9:00 a.m.</p> <p>Getting Started with Compassion</p> <p>60 min M1</p>
<p>10:00 a.m.</p> <p>Hale Tour</p> <p>30 min Tours</p>		

PM Activities

<p>1:30 p.m.</p> <p>Functional Fascia</p> <p>60 min M2</p>	<p>2:00 p.m.</p> <p>Restorative Aerial Yoga</p> <p>60 min Yoga Pavilion</p>	<p>3:00 p.m.</p> <p>Mobilize</p> <p>30 min M2</p>
<p>4:00 p.m.</p> <p>Garden Walk: The World of Flowers</p> <p>60 min Great Hall</p>	<p>4:30 p.m.</p> <p>Open Sky Meditation</p> <p>30 min</p>	

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

8:00 a.m.
Silent Meditation
30 min

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

9:30 a.m.
Forest Bathing
90 min | Onsen Kiosk

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

10:00 a.m.
Hale Tour Hale 1
30 min | Tours

PM Activities

1:00 p.m.
Functional Fascia
60 min | M2

1:30 p.m.
Advanced Vinyasa 60
60 min | Yoga Pavilion

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

3:00 p.m.
Yin Yoga
60 min | Yoga Pavilion

5:00 p.m.
Restorative Yoga
60 min | Yoga Pavilion