

AM Activities

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

7:00 a.m.
The Daily Warm-up
30 min | M2

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

8:00 a.m.
Strength Circuit
60 min | M2

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

11:00 a.m.
Sensory Walking Meditation
30 min | Swimming Pool

PM Activities

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

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

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.
The Daily Warm-up
30 min | M2

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

7:00 a.m.
Sensei Yoga Flow
60 min | Yoga Pavilion

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

10:30 a.m.
Target Activations
60 min | M2

10:30 a.m.
Mindfulness for Everyday Living
60 min | Yoga Pavilion

PM Activities

12:00 p.m.
Strength Circuit
60 min | M2

1:00 p.m.
Garden Walk: Aroids
60 min | Great Hall

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

2:30 p.m.
Sensei Yoga Flow
60 min | Yoga Pavilion

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.
The Daily Warm-up
30 min | M2

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

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

8:00 a.m.
Balance Basics
30 min | M2

9:00 a.m.
Minimalist Resistance Training
60 min | M2

9:00 a.m.
Freeing Yourself from Stories
60 min | M1

PM Activities

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

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

2:00 p.m.
Garden Walk: The World of Flowers
60 min | Great Hall

2:00 p.m.
Strength Circuit
60 min | M2

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

AM Activities

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

7:00 a.m.
The Daily Warm-up
30 min | M2

7:00 a.m.
Sensei Yoga Flow
60 min | Yoga Pavilion

8:30 a.m.
Primal Basics
60 min | M2

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

PM Activities

12:00 p.m.
Core Strength
60 min | M2

1:00 p.m.
Sensei Yoga Flow
60 min

1:00 p.m.
Garden Walk
60 min | Great Hall

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

4:00 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. The Daily Warm-up 30 min M2	7:00 a.m. Sensei Yoga Flow 60 min Yoga Pavilion
8:00 a.m. Minimalist Resistance Training 60 min M2	9:00 a.m. Forest Bathing 90 min Onsen Kiosk	10:30 a.m. Freeing Yourself from Stories 60 min M1

PM Activities

1:00 p.m. Garden Walk: The World of Flowers 60 min Great Hall	2:00 p.m. Yin Yoga 60 min Yoga Pavilion	4:00 p.m. Restorative Aerial Yoga 90 min Yoga Pavilion
4:30 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.
The Daily Warm-up
30 min | M2

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

8:00 a.m.
Target Activations
60 min | M2

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

11:00 a.m.
Sensory Walking Meditation
30 min | Swimming Pool

PM Activities

1:30 p.m.
Restorative Aerial Yoga
60 min | Yoga Pavilion

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

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

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

5:00 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.
The Daily Warm-up
30 min | M2

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

8:00 a.m.
Core Strength
60 min | M2

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

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

PM Activities

2:00 p.m.
Primal Basics
60 min | M2

3:00 p.m.
Deep Relaxation
60 min | Yoga Pavilion

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