February 13 Monday

AM Activities

7:00 a.m.

Morning Meditation and Yoga

60 min | Yoga Pavilion

8:00 a.m.

Target Activations

60 min | M2

11:00 a.m.

Garden Walk

60 min | Great Hall

7:00 a.m.

The Daily Warm-up

30 min | M2

10:00 a.m.

Restorative Aerial Yoga

90 min | Yoga Pavilion

7:00 a.m.

Koloiki Ridge Hike

150 min

11:00 a.m.

Sensory Walking Meditation

30 min | Swimming Pool

PM Activities

1:30 p.m.

Advanced Vinyasa 60

60 min | Yoga Pavilion

3:00 p.m.

Yin Yoga

60 min | Yoga Pavilion

2:00 p.m.

Functional Fascia

60 min | M2

4:00 p.m.

Tai Chi

60 min | M2

2:00 p.m.

Ranch Walk

60 min | Great Hall

5:00 p.m.

Restorative Yoga

60 min | Yoga Pavilion

5:00 p.m.

Open Sky Meditation

30 min

February 14 Tuesday

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

11:30 a.m.

Getting Started with Meditation

60 min | Yoga Pavilion

PM Activities

1:30 p.m.

Restorative Aerial Yoga

60 min | Yoga Pavilion

2:00 p.m.

Primal Basics

60 min | M2

5:00 p.m.

Open Sky Meditation

30 min

February 15 Wednesday

AM Activities

7:00 a.m.

Morning Meditation and Yoga

60 min | Yoga Pavilion

8:00 a.m.

Strength Circuit

60 min | M2

7:00 a.m.

The Daily Warm-up

30 min | M2

9:30 a.m.

Yoga Basics

60 min | Yoga Pavilion

7:00 a.m.

Koloiki Ridge Hike

150 min | Great Hall

11:00 a.m.

Sensory Walking Meditation

30 min | Swimming Pool

PM Activities

1:30 p.m.

Restorative Aerial Yoga

90 min | Yoga Pavilion

2:00 p.m.

Functional Fascia

60 min | M2

2:00 p.m.

Art Walk Tour

60 min | Great Hall

4:00 p.m.

Tai Chi

60 min | M2

5:00 p.m.

Open Sky Meditation

30 min

February 16 Thursday

AM Activities

7:00 a.m.

The Daily Warm-up

30 min | M2

8:00 a.m.

Target Activations

60 min | M2

11:00 a.m.

Restorative Aerial Yoga

60 min | Yoga Pavilion

7:00 a.m.

Koloiki Ridge Hike

150 min | Great Hall

9:00 a.m.

Forest Bathing

90 min | Onsen Kiosk

7:00 a.m.

Sensei Yoga Flow

60 min | Yoga Pavilion

9:00 a.m.

Mindfulness for Everyday Living

60 min | M1

PM Activities

12:00 p.m.

Strength Circuit

60 min | M2

2:00 p.m.

Functional Fascia

60 min | M2

1:00 p.m.

Garden Walk: Aroids

60 min | Great Hall

3:30 p.m.

Deep Relaxation

60 min | Yoga Pavilion

1:30 p.m.

Yin Yoga

60 min | Yoga Pavilion

5:30 p.m.

Open Sky Meditation

30 min | Yoga Pavilion

February 17 Friday

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.

Getting Started with Compassion

60 min | Yoga Pavilion

PM Activities

12:00 p.m.

Applying Heart Rate to Anaerobic Conditioning

30 min| M2

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

February 18 Saturday

AM Activities

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

Ridge Hike The Daily Warm-up

| Great Hall 30 min | M2

9:00 a.m. 10:00 a.m. Forest Bathing Strength Circuit 90 min | Onsen Kiosk 60 min | M2

PM Activities

12:00 p.m. Sensei Yoga Flow 60 min| M2

2:00 p.m.

Functional Fascia
60 min| M2

1:00 p.m.

Sensei Yoga Flow

60 min | Yoga Pavilion

7:00 a.m.

4:00 p.m.

Restorative Aerial Yoga
60 min | Yoga Pavilion

1:00 p.m.

Garden Walk

60 min| Great Hall

8:30 a.m.

Primal Basics

60 min | M2

6:00 p.m.

Open Sky Meditation

30 min | Yoga Pavilion

February 19 Sunday

AM Activities

7:00 a.m. 7:00 a.m. 7:00 a.m.

Koloiki Ridge Hike Sensei Yoga Flow The Daily Warm-up

150 min | Great Hall 60 min | Yoga Pavilion 30 min | M2

8:00 a.m. 9:00 a.m. 10:00 a.m. Primal Basics Forest Bathing Core Strength

60 min | M2 90 min | Onsen Kiosk 60 min | Yoga Pavilion

10:30 a.m. 11:00 a.m.

Freeing Yourself from Stories Racing Hearts, Racing Minds: Why

60 min | M2 Rest Eludes Us

60 min

PM Activities

1:00 p.m. 1:00 p.m. 2:00 p.m. Garden Walk: The World of Flowers Functional Fascia Yin Yoga

60 min | Great Hall 60 min | M2 60 min | Yoga Pavilion

4:00 p.m. 4:30 p.m.

Restorative Aerial Yoga Open Sky Meditation

90 min | Yoga Pavilion 30 min | M1