

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

10:00 a.m.
Restorative Aerial Yoga
90 min | Yoga Pavilion

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

11:00 a.m.
Garden Walk
60 min | Great Hall

PM Activities

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

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

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

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

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

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

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

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

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

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

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

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

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

9:00 a.m.
Mindfulness for Everyday Living
60 min | M1

11:00 a.m.
Restorative Aerial Yoga
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

1:30 p.m.
Yin Yoga
60 min | Yoga Pavilion

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

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

5:30 p.m.
Open Sky Meditation
30 min | Yoga Pavilion

AM Activities

<p>7:00 a.m.</p> <p>The Daily Warm-up</p> <p>30 min M2</p>	<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>8:00 a.m.</p> <p>Balance Basics</p> <p>30 min M2</p>	<p>9:00 a.m.</p> <p>Minimalist Resistance Training</p> <p>60 min M2</p>	<p>9:00 a.m.</p> <p>Getting Started with Compassion</p> <p>60 min Yoga Pavilion</p>

PM Activities

<p>12:00 p.m.</p> <p>Applying Heart Rate to Anaerobic Conditioning</p> <p>30 min M2</p>	<p>2:00 p.m.</p> <p>Tai Chi</p> <p>60 min Yoga Pavilion</p>	<p>2:00 p.m.</p> <p>Garden Walk: The World of Flowers</p> <p>60 min Great Hall</p>
<p>2:00 p.m.</p> <p>Strength Circuit</p> <p>60 min M2</p>	<p>4:00 p.m.</p> <p>Restorative Aerial Yoga</p> <p>90 min Yoga Pavilion</p>	

AM Activities

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

7:00 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 | Onsen Kiosk

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

PM Activities

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

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

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 | Yoga Pavilion

AM Activities

7:00 a.m.

Koloiki Ridge Hike

150 min | Great Hall

7:00 a.m.

Sensei Yoga Flow

60 min | Yoga Pavilion

7:00 a.m.

The Daily Warm-up

30 min | M2

8:00 a.m.

Primal Basics

60 min | M2

9:00 a.m.

Forest Bathing

90 min | Onsen Kiosk

10:00 a.m.

Core Strength

60 min | Yoga Pavilion

10:30 a.m.

Freeing Yourself from Stories

60 min | M2

11:00 a.m.

Racing Hearts, Racing Minds: Why Rest Eludes Us

60 min

PM Activities

1:00 p.m.

Garden Walk: The World of Flowers

60 min | Great Hall

1:00 p.m.

Functional Fascia

60 min | M2

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 | M1