

AM Activities

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

9:00 a.m.
Morning Meditation and Yoga
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

6:00 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

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

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

PM Activities

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

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

2:30 p.m.
Freeing Yourself from Stories
60 min | Yoga Pavilion

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

AM Activities

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.
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

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

2:00 p.m.
Strength Circuit
60 min | M1

2:00 p.m.
Sensei Yoga Flow
60 min | Yoga Pavilion

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.
Morning Meditation and Yoga
60 min | Yoga Pavilion

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

10:00 a.m.
Primal Basics
60 min | M2

PM Activities

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.

Sensei Yoga Flow

60 min | Yoga Pavilion

9:00 a.m.

Forest Bathing

90 min | Onsen Kiosk

10:30 a.m.

Freeing Yourself from Stories

60 min | Yoga Pavilion

PM Activities

1:00 p.m.

Garden Walk: The World of Flowers

60 min | Great Hall

3:30 p.m.

Getting Started with Meditation

60 min | M1

4:00 p.m.

Restorative Aerial Yoga

90 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.
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

10:30 a.m.
Getting Started with Compassion
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

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.
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.
Minimalist Resistance Training
60 min | M2

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

PM Activities

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

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