

AM Activities

<p>7:00 a.m.</p> <p>Freeing Yourself from Stories</p> <p>60 min M1</p>	<p>7:00 a.m.</p> <p>Sensei Yoga Flow</p> <p>60 min Yoga Pavilion</p>	<p>7:00 a.m.</p> <p>Koloiki Ridge Hike</p> <p>150 min Great Hall</p>
<p>7:30 a.m.</p> <p>The Daily Warm-up</p> <p>30 min M2</p>	<p>8:00 a.m.</p> <p>Ranch Walk</p> <p>60 min</p>	<p>8:30 a.m.</p> <p>Core Strength</p> <p>60 min M2</p>
<p>9:00 a.m.</p> <p>Silent Meditation</p> <p>30 min</p>	<p>10:00 a.m.</p> <p>Minimalist Resistance Training</p> <p>60 min M2</p>	<p>10:30 a.m.</p> <p>Garden Walk: The World of Flowers</p> <p>60 min Great Hall</p>
<p>11:30 a.m.</p> <p>Genuine Happiness: A Guide to Inner Joy</p> <p>30 min Great Hall - Sitting Area</p>		

PM Activities

<p>1:00 p.m.</p> <p>Functional Fascia</p> <p>60 min M2</p>	<p>2:00 p.m.</p> <p>Getting Started with Compassion</p> <p>60 min Yoga Pavilion</p>	<p>2:30 p.m.</p> <p>Applying Heart Rate to Anaerobic Conditioning</p> <p>30 min M2</p>
<p>4:30 p.m.</p> <p>Restorative Aerial Yoga</p> <p>60 min Yoga Pavilion</p>		

AM Activities

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

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

8:00 a.m.
Ranch Walk
60 min

8:30 a.m.
Strength Circuit
60 min | M2

10:30 a.m.
Garden Walk
60 min | Great Hall

10:30 a.m.
Freeing Yourself from Stories
60 min | M2

11:30 a.m.
**Strength Training: Transforming
Your Body and Mind**
30 min | Great Hall - Sitting Area

PM Activities

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

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

4:00 p.m.
Deep Relaxation
60 min | M2

6:00 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.
Primal Basics
60 min | M2

9:00 a.m.
Sensory Walking Meditation
30 min | Swimming Pool

10:00 a.m.
Sensei Yoga Flow
60 min | Yoga Pavilion

10:30 a.m.
Getting Started with Meditation
60 min | M2

PM Activities

12:00 p.m.
Garden Walk: Aroids
60 min | Great Hall

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

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

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

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

4:00 p.m.
Getting Started with Compassion
60 min | M1

6:00 p.m.
Meditation on The Elements
30 min | Yoga Pavilion

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.

Target Activations

60 min | M2

10:30 a.m.

Mindfulness for Everyday Living

60 min | Yoga Pavilion

11:30 a.m.

Dream On: Navigating the Challenges of Sleep

30 min | Great Hall - Sitting Area

PM Activities

1:00 p.m.

Strength Circuit

60 min | M2

2:30 p.m.

Applying Heart Rate to Aerobic Conditioning

30 min | M2

3:00 p.m.

Restorative Yoga

60 min | Yoga Pavilion

4:00 p.m.

Deep Relaxation

60 min | M2

6:00 p.m.

Open Sky Meditation

30 min | Yoga Pavilion

AM Activities

7:00 a.m.

Koloiki Ridge Hike

150 min | Great Hall

7:30 a.m.

The Daily Warm-up

30 min | M2

8:30 a.m.

Core Strength

60 min | M2

10:00 a.m.

Advanced Vinyasa 60

60 min | Yoga Pavilion

10:00 a.m.

Minimalist Resistance Training

60 min | M2

10:30 a.m.

Sensory Walking Meditation

30 min | Swimming Pool

PM Activities

1:00 p.m.

Functional Fascia

60 min | M2

2:30 p.m.

Mobilize

30 min | M2

3:00 p.m.

Restorative Aerial Yoga

60 min | Yoga Pavilion

4:00 p.m.

Mindfulness for Everyday Living

60 min | M2

6:00 p.m.

Meditation on The Elements

30 min

AM Activities

7:00 a.m.
Mindfulness for Everyday Living
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

8:00 a.m.
Forest Bathing
90 min | Onsen Kiosk

8:30 a.m.
Strength Circuit
60 min | M2

8:30 a.m.
Morning Meditation and Yoga
60 min | M1

9:00 a.m.
Meditation on The Elements
30 min | Yoga Pavilion

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

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

PM Activities

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

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

4:00 p.m.
Deep Relaxation
60 min | M2

6:00 p.m.
Open Sky Meditation
30 min

AM Activities

7:00 a.m.
Getting Started with Meditation
60 min | M1

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

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

10:00 a.m.
Sensei Yoga Flow
60 min | Yoga Pavilion

11:30 a.m.
Gut Instinct: Understanding Your Microbiome
30 min | Great Hall - Sitting Area

PM Activities

12:00 p.m.
Restorative Aerial Yoga
60 min | Yoga Pavilion

12:00 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.
Deep Relaxation
60 min | M1

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

4:00 p.m.
Tai Chi
60 min | M1