

AM Activities

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| 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. Target Activations 60 min M2 | 10:00 a.m. Yoga Basics 60 min Yoga Pavilion | 10:00 a.m. Strength Circuit 60 min M2 |
| 10:30 a.m. Sensory Walking Meditation 30 min Swimming Pool | 11:00 a.m. Ranch Walk 60 min Great Hall | 11:00 a.m. Stand Tall: The Art of Good Posture 30 min Great Hall - Sitting Area |

PM Activities

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| 1:00 p.m. Functional Fascia 60 min M2 | 2:30 p.m. Applying Heart Rate to Aerobic Conditioning 30 min M2 | 3:00 p.m. Yin Yoga 60 min Yoga Pavilion |
| 4:00 p.m. Deep Relaxation 60 min M1 | 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.
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

10:00 a.m.
Balance Basics
30 min | M2

11:00 a.m.
Gut Instinct: Understanding Your Microbiome
30 min | Great Hall - Sitting Area

PM Activities

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

3:00 p.m.
Restorative Aerial Yoga
60 min | Yoga Pavilion

AM Activities

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

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

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

8:00 a.m.
Ranch Walk
60 min | Great Hall

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

10:00 a.m.
Minimalist Resistance Training
60 min | M2

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

PM Activities

12:00 p.m.
Meditation on The Elements
30 min | Yoga Pavilion

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

2:00 p.m.
Deep Relaxation
60 min | Yoga Pavilion

2:30 p.m.
Forest Bathing
90 min | Onsen Kiosk

AM Activities

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

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

8:00 a.m.
Ranch Walk
60 min

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

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

PM Activities

4:00 p.m.
Deep Relaxation
60 min | M1

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.
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

11:00 a.m.
Art Circle
60 min

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

4:00 p.m.
Yin Yoga
60 min | Yoga Pavilion

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

6:00 p.m.
Gong Sound Bath
60 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

10:00 a.m.

Sensei Yoga Flow

60 min | Yoga Pavilion

10:30 a.m.

Mindfulness for Everyday Living

60 min | M2

PM Activities

2:30 p.m.

Functional Fascia

60 min | M2

3:00 p.m.

Restorative Yoga

60 min | Yoga Pavilion

4:00 p.m.

Deep Relaxation

60 min | M1

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.
Morning Meditation and Yoga
60 min | Yoga Pavilion

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

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

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

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

PM Activities

12:00 p.m.
Yin Yoga
60 min | M1

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

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

3:00 p.m.
Restorative Aerial Yoga
60 min | Yoga Pavilion

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