

AM Activities

7:00 a.m.

Koloiki Ridge Hike

150 min | Great Hall

10:00 a.m.

Sensei Yoga Flow

60 min | Yoga Pavilion

10:30 a.m.

Mindfulness for Everyday Living

60 min | M1

11:00 a.m.

Dream On: Navigating the Challenges of Sleep

30 min | Great Hall - Sitting Area

PM Activities

1:30 p.m.

Sensory Walking Meditation

30 min | Swimming Pool

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

AM Activities

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.  
**Forest Bathing**  
90 min | Onsen Kiosk

PM Activities

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

1:00 p.m.  
**Deep Relaxation**  
60 min | M1

2:30 p.m.  
**Sensory Walking Meditation**  
30 min | Swimming Pool

6:00 p.m.  
**Meditation on The Elements**  
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

8:00 a.m.

**Forest Bathing**

90 min | Onsen Kiosk

8:30 a.m.

**Balance Basics**

30 min | M2

9:30 a.m.

**Meditation on The Elements**

30 min

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

12:00 p.m.

**Restorative Yoga**

60 min | Yoga Pavilion

1:30 p.m.

**Getting Started with Compassion**

60 min | M1

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 | M1

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.  
**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

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

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

11:00 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

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

2:00 p.m.  
**Mindfulness for Everyday Living**  
60 min | M1

2:00 p.m.  
**Restorative Yoga**  
60 min | Yoga Pavilion

AM Activities

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

7:30 a.m.  
**Morning Meditation and Yoga**  
60 min | Yoga Pavilion

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

8:30 a.m.  
**Applying Heart Rate to Aerobic Conditioning**  
30 min | M2

9:30 a.m.  
**Getting Started with Meditation**  
60 min | Yoga Pavilion

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

11:00 a.m.  
**Mindfully Unwind: Taming the Restless Mind**  
30 min | Great Hall - Sitting Area

PM Activities

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

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

2:30 p.m.  
**Sensei Yoga Flow**  
60 min | Yoga Pavilion

2:30 p.m.  
**Silent Meditation**  
30 min | M1

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

8:00 a.m.

Ranch Walk

60 min

8:30 a.m.

Strength Circuit

60 min | M2

10:00 a.m.

Garden Walk

60 min | Great Hall

10:30 a.m.

Getting Started with Meditation

60 min | Yoga Pavilion

PM Activities

12:00 p.m.

Yin Yoga

60 min | Yoga Pavilion

2:00 p.m.

Art Walk Tour

60 min | Great Hall

4:00 p.m.

Deep Relaxation

60 min | M1

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.  
**Forest Bathing**  
90 min | Onsen Kiosk

11:00 a.m.  
**Art Circle**  
60 min | Great Hall

PM Activities

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

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

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

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

4:00 p.m.  
**Mindfulness for Everyday Living**  
60 min | M1

6:00 p.m.  
**Gong Sound Bath**  
60 min | Yoga Pavilion

6:00 p.m.  
**Silent Meditation**  
30 min | M1