

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 | M1

9:00 a.m.

Getting Started with Compassion

60 min | Yoga Pavilion

PM Activities

12:00 p.m.

Sensory Walking Meditation

30 min | Swimming Pool

12:00 p.m.

Strength Circuit

60 min | M2

1:30 p.m.

Forest Bathing

90 min | Onsen Kiosk

2:00 p.m.

Deep Relaxation

60 min | Yoga Pavilion

2:00 p.m.

Functional Fascia

60 min | M2

AM Activities

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

9:00 a.m.

Morning Meditation and Yoga

60 min | Yoga Pavilion

10:00 a.m.

Garden Walk

60 min | Great Hall

PM Activities

1:00 p.m.

Applying Heart Rate to Anaerobic Conditioning

30 min | M2

2:00 p.m.

Sensei Yoga Flow

60 min | Yoga Pavilion

2:00 p.m.

Functional Fascia

60 min | M2

4:00 p.m.

Deep Relaxation

60 min | M1

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.

Strength Circuit

60 min | M2

10:00 a.m.

Sensei Yoga Flow

60 min | Yoga Pavilion

PM Activities

12:00 p.m.

Restorative Aerial Yoga

60 min | Yoga Pavilion

2:00 p.m.

Functional Fascia

60 min | M2

4:00 p.m.

Freeing Yourself from Stories

60 min | M1

6:00 p.m.

Sensory Walking Meditation

30 min | Swimming Pool

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

10:00 a.m.

**Advanced Vinyasa 60**

60 min | Yoga Pavilion

10:30 a.m.

**Forest Bathing**

90 min | Onsen Kiosk

11:00 a.m.

**Dream On: Navigating the Challenges of Sleep**

30 min | Great Hall - Sitting Area

PM Activities

3:00 p.m.

**Restorative Yoga**

60 min | Yoga Pavilion

4:00 p.m.

**Mindfulness for Everyday Living**

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

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

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

PM Activities

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

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

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

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

AM Activities

7:00 a.m.

Koloiki Ridge Hike

150 min

8:00 a.m.

Ranch Walk

60 min | Great Hall

10:00 a.m.

Advanced Vinyasa 60

60 min | Yoga Pavilion

10:00 a.m.

Garden Walk: The World of Flowers

60 min | Great Hall

10:30 a.m.

Sensory Walking Meditation

30 min | Swimming Pool

11:00 a.m.

Stand Tall: The Art of Good Posture

30 min | Great Hall - Sitting Area

PM Activities

1:30 p.m.

Forest Bathing

90 min | Onsen Kiosk

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

8:30 a.m.  
**Forest Bathing**  
90 min | Onsen Kiosk

8:30 a.m.  
**The Daily Warm-up**  
30 min | M2

8:30 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.  
**Popular Diets: The good, the bad, and the fad**  
30 min | Great Hall - Sitting Area

PM Activities

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

1:00 p.m.  
**Garden Walk: Aroids**  
60 min

1:00 p.m.  
**Strength Circuit**  
60 min | M2

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

2:30 p.m.  
**Balance Basics**  
30 min | M2

3:30 p.m.  
**Functional Fascia**  
60 min | M2