

AM Activities

- 7:00 a.m.

Koloiki Ridge Hike

150 min | Great Hall
- 7:30 a.m.

The Daily Warm-up

30 min | M2
- 9:00 a.m.

Getting Started with Compassion

60 min | Yoga Pavilion
- 11:00 a.m.

Genuine Happiness: A Guide to Inner Joy

30 min | Great Hall - Sitting Area

PM Activities

- 12:00 p.m.

Sensei Yoga Flow

60 min | Yoga Pavilion
- 12:30 p.m.

Minimalist Resistance Training

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.
Morning Meditation and Yoga
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.
Primal Basics
60 min | M2

9:00 a.m.
Sensei Yoga Flow
60 min | Yoga Pavilion

10:00 a.m.
Garden Walk
60 min | Great Hall

10:00 a.m.
Mobilize
30 min | M2

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

PM Activities

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

2:00 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

7:00 a.m.

Koloiki Ridge Hike

150 min | Great Hall

7:30 a.m.

The Daily Warm-up

30 min | M2

10:00 a.m.

Sensei Yoga Flow

60 min | Yoga Pavilion

PM Activities

12:00 p.m.

Restorative Aerial Yoga

60 min | Yoga Pavilion

1:00 p.m.

Balance Basics

30 min | M2

3:30 p.m.

Yin Yoga

60 min | Yoga Pavilion

4:00 p.m.

Freeing Yourself from Stories

60 min | M1

6:00 p.m.

Gong Sound Bath

60 min | Yoga Pavilion

6:00 p.m.

Silent Meditation

30 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

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.

Beyond Motivation: The Science of
Habit Formation

30 min | Great Hall - Sitting Area

PM Activities

12:00 p.m.

Yoga Basics

60 min | Yoga Pavilion

2:00 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

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

9:00 a.m.
Core Strength
60 min | M2

10:00 a.m.
Yoga Basics
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

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

2:00 p.m.
Sensory Walking Meditation
30 min | Swimming Pool

2:00 p.m.
Beyond Boundaries: Transforming Through Challenge
60 min | Exercise Pavillion

3:30 p.m.
Restorative Yoga
60 min | Yoga Pavilion

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

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

AM Activities

7:00 a.m.

Koloiki Ridge Hike

150 min

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.

Mobilize

30 min | M2

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

PM Activities

1:30 p.m.

Forest Bathing

90 min | Onsen Kiosk

2:00 p.m.

Functional Fascia

60 min | M2

2:30 p.m.

Sensory Walking Meditation

30 min | Swimming Pool

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.
Morning Meditation and Yoga
60 min | Yoga Pavilion

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

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

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

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

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

11:30 a.m.
Mobilize
30 min | M2

PM Activities

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

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

2:00 p.m.
Deep Relaxation
60 min | M1

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