

AM Activities

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

8:30 a.m.
Meditation on The Elements
30 min | Yoga Pavilion

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

10:00 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

1:00 p.m.
Koloiki Ridge Hike
150 min | Great Hall

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

AM Activities

7:00 a.m.

Koloiki Ridge Hike

150 min | Great Hall

9:00 a.m.

Getting Started with Compassion

60 min | Yoga Pavilion

PM Activities

12:30 p.m.

Minimalist Resistance Training

60 min | M2

1:30 p.m.

Forest Bathing

90 min | Onsen Kiosk

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

8:30 a.m.

Primal Basics

60 min | M2

10:00 a.m.

Garden Walk

60 min | Great Hall

10:30 a.m.

Sensory Walking Meditation

30 min | Swimming Pool

PM Activities

12:00 p.m.

Yin Yoga

60 min | Yoga Pavilion

1:00 p.m.

Applying Heart Rate to Anaerobic Conditioning

30 min | M2

2:00 p.m.

Art Walk Tour

60 min | Great Hall

2:00 p.m.

Functional Fascia

60 min | M2

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

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

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

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

10:30 a.m.
Art Circle
60 min | Great Hall

PM Activities

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

12:00 p.m.
Forest Bathing
90 min | Onsen Kiosk

1:30 p.m.
Sensory Walking Meditation
30 min | Swimming Pool

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

4:00 p.m.
Freeing Yourself from Stories
60 min | M1

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

8:00 a.m.

Art Walk Tour

60 min

8:30 a.m.

Minimalist Resistance Training

60 min | M2

10:00 a.m.

Advanced Vinyasa 60

60 min | Yoga Pavilion

10:00 a.m.

Garden Walk

60 min | Great Hall

10:30 a.m.

Sensory Walking Meditation

30 min | Swimming Pool

PM Activities

1:00 p.m.

Getting Started with Compassion

60 min | Yoga Pavilion

1:00 p.m.

Applying Heart Rate to Aerobic Conditioning

30 min | M2

1:00 p.m.

Art Circle

60 min | Great Hall

2:00 p.m.

Functional Fascia

60 min | M2

3:00 p.m.

Restorative Yoga

60 min | Yoga Pavilion

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.
Core Strength
60 min | M2

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

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

10:30 a.m.
Forest Bathing
90 min | Onsen Kiosk

11:30 a.m.
Balance Basics
30 min | M2

PM Activities

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

12:30 p.m.
Primal Basics
60 min | M2

1:30 p.m.
Garden Walk
60 min

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

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

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

AM Activities

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

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

8:30 a.m.
Target Activations
60 min | M2

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

10:00 a.m.
Advanced Vinyasa 60
60 min | Yoga Pavilion

10:30 a.m.
Forest Bathing
90 min | Onsen Kiosk

PM Activities

2:00 p.m.
Functional Fascia
60 min | Exercise Pavillion

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

3:00 p.m.
Yin Yoga
60 min | M2

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

4:00 p.m.
Gong Sound Bath
60 min | Yoga Pavilion

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