

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.  
**Meditation on The Elements**  
30 min | Yoga Pavilion

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.  
**Deep Relaxation**  
60 min | M1

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

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

4:00 p.m.  
**Gong Sound Bath**  
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

8:00 a.m.

**Morning Meditation and Yoga**

60 min | Yoga Pavilion

11:00 a.m.

**Deep Relaxation**

60 min | Yoga Pavilion

PM Activities

1:30 p.m.

**Forest Bathing**

90 min | Onsen Kiosk

2:00 p.m.

**Restorative Yoga**

60 min | Yoga Pavilion

3:30 p.m.

**Sensory Walking Meditation**

30 min | Swimming Pool

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.

Strength Circuit

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

2:00 p.m.

Art Walk Tour

60 min | Great Hall

2:00 p.m.

Functional Fascia

60 min | M2

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.

**Strength Circuit**

60 min | M2

8:00 a.m.

**Yin Yoga**

60 min | Yoga Pavilion

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

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

7:30 a.m.  
**Koloiki Ridge Hike**  
150 min | Great Hall

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

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.  
**Core Strength**  
60 min | M2

11:00 a.m.  
**Art Circle**  
60 min

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

PM Activities

1:00 p.m.  
**Getting Started with Compassion**  
60 min | Yoga Pavilion

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

2:00 p.m.  
**Forest Bathing**  
90 min | Onsen Kiosk

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

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

4:30 p.m.  
**Sensory Walking Meditation**  
30 min | Swimming Pool

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

10:00 a.m.  
Target Activations  
60 min | M1

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

11:00 a.m.  
Sensory Walking Meditation  
30 min | Swimming Pool

PM Activities

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

12:00 p.m.  
Strength Circuit  
60 min | M2

1:30 p.m.  
Garden Walk  
60 min

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

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. <b>Koloiki Ridge Hike</b> 150 min	7:30 a.m. <b>The Daily Warm-up</b> 30 min   M2	8:00 a.m. <b>Ranch Walk</b> 60 min   Great Hall
8:30 a.m. <b>Anaerobic Peaks Conditioning</b> 30 min   M2	9:30 a.m. <b>Sensory Walking Meditation</b> 30 min   Swimming Pool	10:00 a.m. <b>Advanced Vinyasa 60</b> 60 min   Yoga Pavilion
10:00 a.m. <b>Garden Walk: The World of Flowers</b> 60 min   Great Hall	11:00 a.m. <b>Genuine Happiness: A Guide to Inner Joy</b> 30 min   Great Hall - Sitting Area	

PM Activities

12:30 p.m. <b>Getting Started with Meditation</b> 60 min   M1	2:00 p.m. <b>Functional Fascia</b> 60 min   M2	2:30 p.m. <b>Yin Yoga</b> 60 min   Yoga Pavilion
4:00 p.m. <b>Deep Relaxation</b> 60 min   M1	4:00 p.m. <b>Gong Sound Bath</b> 60 min   Yoga Pavilion	6:00 p.m. <b>Open Sky Meditation</b> 30 min