

AM Activities

7:00 a.m.

Koloiki Ridge Hike

150 min | Great Hall

7:00 a.m.

Sensei Yoga Flow

60 min | Yoga Pavilion

7:30 a.m.

The Daily Warm-up

30 min | M2

8:30 a.m.

Minimalist Resistance Training

60 min | M2

11:00 a.m.

Yin Yoga

60 min | Yoga Pavilion

11:00 a.m.

Primal Basics

60 min | M2

PM Activities

1:30 p.m.

Balance Basics

30 min | M2

1:30 p.m.

Sensory Walking Meditation

30 min | Swimming Pool

2:00 p.m.

Art Walk Tour

60 min | Great Hall

2:30 p.m.

Mobilize

30 min | M2

4:00 p.m.

Freeing Yourself from Stories

60 min | M1

6:00 p.m.

Meditation on The Elements

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

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

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

10:00 a.m.
Restorative Aerial Yoga
60 min | Yoga Pavilion

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

11:00 a.m.
Strength Circuit
60 min | M2

PM Activities

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

1:30 p.m.
Restorative Aerial Yoga
60 min | Yoga Pavilion

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

3:00 p.m.
Art Circle
60 min | Great Hall

3:30 p.m.
Advanced Vinyasa 60
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

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

10:00 a.m.
Art Circle
60 min | Great Hall

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

11:00 a.m.
Kettlebell Basics
60 min | M2

PM Activities

1:00 p.m.
Forest Bathing
90 min | Onsen Kiosk

1:00 p.m.
Restorative Aerial Yoga
60 min | Yoga Pavilion

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

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

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

4:00 p.m.
Getting Started with Meditation
60 min | M1

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

8:30 a.m.

Morning Meditation and Yoga

60 min | Yoga Pavilion

11:00 a.m.

Yin Yoga

60 min | Yoga Pavilion

11:00 a.m.

Minimalist Resistance Training

60 min | M2

PM Activities

12:30 p.m.

Forest Bathing

90 min | Onsen Kiosk

4:00 p.m.

Mindfulness for Everyday Living

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	7:00 a.m. Koloiki Ridge Hike 150 min	8:00 a.m. Ranch Walk 60 min Great Hall
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	

PM Activities

12:00 p.m. Mindfulness for Everyday Living 60 min Yoga Pavilion	1:00 p.m. Functional Fascia 60 min M2	1:30 p.m. Forest Bathing 90 min Onsen Kiosk
2:00 p.m. Advanced Vinyasa 60 60 min Yoga Pavilion	2:30 p.m. Mobilize 30 min M2	4:00 p.m. Deep Relaxation 60 min M1
6:00 p.m. Meditation on The Elements 30 min		

AM Activities

7:00 a.m.
Morning Meditation and Yoga
60 min | Yoga Pavilion

7:00 a.m.
Koloiki Ridge Hike
150 min | Great Hall

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

PM Activities

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

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

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

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

PM Activities

1:00 p.m.
Getting Started with Compassion
60 min | M1

1:30 p.m.
Anaerobic Peaks Conditioning
30 min | M2

2:30 p.m.
Mobilize
30 min | M2

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

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