

## 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.

**Forest Bathing**

90 min | Onsen Kiosk

8:30 a.m.

**Core Strength**

60 min | M2

11:00 a.m.

**Gut Instinct: Understanding Your Microbiome**

30 min | Great Hall - Sitting Area

## 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 | Yoga Pavilion

## 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

11:00 a.m.

**Genuine Happiness: A Guide to Inner Joy**

30 min | Great Hall - Sitting Area

## 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

## 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.

**Sensory Walking Meditation**

30 min | Swimming Pool

2:00 p.m.

**Art Walk Tour**

60 min | Great Hall

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

10:30 a.m.

**Art Walk Tour**

60 min | Great Hall

10:30 a.m.

**Advanced Vinyasa 60**

60 min | Yoga Pavilion

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

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

7:30 a.m.

**The Daily Warm-up**

30 min | M2

8:30 a.m.

**Sensei Yoga Flow**

60 min | Yoga Pavilion

10:30 a.m.

**Yoga Basics**

60 min | Yoga Pavilion

10:30 a.m.

**Getting Started with Compassion**

60 min | M1

11:00 a.m.

**Kettlebell Basics**

60 min | M2

## PM Activities

1:30 p.m.

**Forest Bathing**

90 min | Onsen Kiosk

1:30 p.m.

**Sensory Walking Meditation**

30 min | Swimming Pool

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.

**Minimalist Resistance Training**

60 min | M2

## PM Activities

12:00 p.m.

**Yin Yoga**

60 min | Yoga Pavilion

12:30 p.m.

**Forest Bathing**

90 min | Onsen Kiosk

2:00 p.m.

**Restorative Aerial 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

7:00 a.m.

**Morning Meditation and Yoga**

60 min | Yoga Pavilion

8:00 a.m.

**Ranch Walk**

60 min | Great Hall

8:30 a.m.

**Target Activations**

60 min | M2

8:30 a.m.

**Sensei Yoga Flow**

60 min | Yoga Pavilion

10:00 a.m.

**Garden Walk: The World of Flowers**

60 min | Great Hall

10:30 a.m.

**Restorative Aerial Yoga**

60 min | Yoga Pavilion

10:30 a.m.

**Freeing Yourself from Stories**

60 min | M1

## PM Activities

1:30 p.m.

**Forest Bathing**

90 min | Onsen Kiosk

3:00 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