

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

PM Activities

12:30 p.m.
Forest Bathing
90 min | Onsen Kiosk

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

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

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

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

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

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

10:00 a.m.
Garden Walk: The World of Flowers
60 min | Great Hall

10:30 a.m.
Getting Started with Compassion
60 min | M1

11:00 a.m.
Functional Fascia
60 min | M2

PM Activities

1:30 p.m.
Forest Bathing
90 min | Onsen Kiosk

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

6:00 p.m.
Meditation on The Elements
30 min | M1

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

8:30 a.m.

Forest Bathing

90 min | Onsen Kiosk

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

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

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.

Beyond Motivation: The Science of Habit Formation

30 min | Great Hall - Sitting Area

11:30 a.m.

Primal Basics

60 min | M2

PM Activities

1:00 p.m.

Freeing Yourself from Stories

60 min | Yoga Pavilion

1:30 p.m.

Balance Basics

30 min | M2

2:30 p.m.

Mobilize

30 min | M2

AM Activities

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.
Morning Meditation and Yoga
60 min | Yoga Pavilion

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

PM Activities

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

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.
Floating Meditation
60 min | Yoga Pavilion

AM Activities

7:00 a.m.

Koloiki Ridge Hike

150 min | Great Hall

8:30 a.m.

Sensei Yoga Flow

60 min | Yoga Pavilion

9:30 a.m.

Strength Circuit

60 min | M2

10:30 a.m.

Yoga Basics

60 min | Yoga Pavilion

10:30 a.m.

Art Walk Tour

60 min | Great Hall

PM Activities

1:30 p.m.

Forest Bathing

90 min | Onsen Kiosk

1:30 p.m.

Restorative Aerial Yoga

60 min | Yoga Pavilion

2:00 p.m.

Functional Fascia

60 min | M2