

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.

Core Strength

60 min | M2

9:00 a.m.

Restorative Yoga

60 min | Yoga Pavilion

11:00 a.m.

Sensei Yoga Flow

60 min | Yoga Pavilion

11:00 a.m.

Gut Instinct: Understanding Your Microbiome

30 min | Great Hall - Sitting Area

PM Activities

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

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

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

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

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.

Koloiki Ridge Hike

150 min | Great Hall

8:00 a.m.

Forest Bathing

90 min | Onsen Kiosk

8:30 a.m.

Morning Meditation and Yoga

60 min | Yoga Pavilion

11:00 a.m.

Tis the Season: Total Body Strength Circuit

60 min | M2

PM Activities

1:30 p.m.

Restorative Aerial Yoga

60 min | Yoga Pavilion

2:00 p.m.

Functional Fascia

60 min | M2

3:00 p.m.

Garden Walk

60 min | Great Hall

3:30 p.m.

Floating Meditation

60 min | Yoga Pavilion

4:00 p.m.

Peace & Presence: Getting Started with Mindfulness

60 min | M1

6:00 p.m.

Open Sky Meditation

30 min

AM Activities

7:30 a.m.

Winter Wake-up: The Daily Warm Up Sensei Yoga Flow

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.

Art Walk Tour

60 min | Great Hall

PM Activities

1:30 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.

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

8:30 a.m.

Holiday Hustle: Cardio Conditioning

30 min | M2

10:30 a.m.

Festive Energizing Flow: Advanced Vinyasa

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.

Minimalist Resistance Training

60 min | M2

4:00 p.m.

Peace & Presence: Getting Started with Mindfulness

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

8:00 a.m.

Ranch Walk

60 min | Great Hall

8:30 a.m.

Sensei Yoga Flow

60 min | Yoga Pavilion

8:30 a.m.

Tis the Season: Total Body Strength Circuit

60 min | M2

10:00 a.m.

Garden Walk: The World of Flowers

60 min | Great Hall

PM Activities

2:00 p.m.

Functional Fascia

60 min | M2

2:00 p.m.

Heartfelt Gratitude Meditation

60 min | M1

4:00 p.m.

Soothe Holiday Stress: Deep Relaxation

60 min | M1

6:00 p.m.

Meditation on The Elements

30 min