

AM Activities

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

3:30 p.m.  
**Gong Sound Bath**  
60 min | Yoga Pavilion

5:30 p.m.  
**Open Sky Meditation**  
30 min | Yoga Pavilion

7:00 p.m.  
**Gong Sound Bath**  
60 min | Yoga Pavilion

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.  
**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

3:30 p.m.  
**Gong Sound Bath**  
60 min | Yoga Pavilion

5:30 p.m.  
**Open Sky Meditation**  
30 min | Yoga Deck

7:00 p.m.  
**Gong Sound Bath**  
60 min | Yoga Pavilion

AM Activities

7:00 a.m. <b>Koloiki Ridge Hike</b> 150 min   Great Hall	7:30 a.m. <b>The Daily Warm-up</b> 30 min   M2	8:00 a.m. <b>Sensei Yoga Flow</b> 60 min   Yoga Pavilion
8:30 a.m. <b>Minimalist Resistance Training</b> 60 min   M2	11:00 a.m. <b>Yin Yoga</b> 60 min   Yoga Pavilion	11:00 a.m. <b>Beyond Motivation: The Science of Habit Formation</b> 30 min   Great Hall - Sitting Area

PM Activities

2:00 p.m. <b>Art Walk Tour</b> 60 min   Great Hall	3:30 p.m. <b>Soothe Holiday Stress: Deep Relaxation</b> 60 min   M1	5:30 p.m. <b>Meditation on The Elements</b> 30 min   Yoga Deck
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AM Activities

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>Holiday Hustle: Cardio Conditioning</b> 30 min   M2
8:30 a.m. <b>Festive Energizing Flow: Advanced Vinyasa</b> 60 min   Yoga Pavilion	10:00 a.m. <b>Garden Walk</b> 60 min   Great Hall	

PM Activities

1:30 p.m. <b>Sensory Walking Meditation</b> 30 min   Swimming Pool	1:30 p.m. <b>Restorative Aerial Yoga</b> 60 min   Yoga Pavilion	3:30 p.m. <b>Floating Meditation</b> 60 min   Yoga Pavilion
3:30 p.m. <b>Peace &amp; Presence: Getting Started with Mindfulness</b> 60 min   M1	5:30 p.m. <b>Open Sky Meditation</b> 30 min   Yoga Deck	

AM Activities

<p>7:00 a.m.</p> <p><b>Koloiki Ridge Hike</b></p> <p>150 min   Great Hall</p>	<p>7:30 a.m.</p> <p><b>The Daily Warm-up</b></p> <p>30 min   M2</p>	<p>8:30 a.m.</p> <p><b>Sensei Yoga Flow</b></p> <p>60 min   Yoga Pavilion</p>
<p>9:00 a.m.</p> <p><b>Tis the Season: Total Body Strength Circuit</b></p> <p>60 min   M2</p>	<p>11:30 a.m.</p> <p><b>Garden Walk</b></p> <p>60 min   Great Hall</p>	

PM Activities

<p>1:30 p.m.</p> <p><b>Restorative Aerial Yoga</b></p> <p>60 min   Yoga Pavilion</p>	<p>3:30 p.m.</p> <p><b>Getting Started with Meditation</b></p> <p>60 min   M1</p>
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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

3:30 p.m.

Freeing Yourself from Stories

60 min | M1

5:30 p.m.

Open Sky Meditation

30 min | Yoga Deck

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.

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

1:30 p.m.

Sensei Yoga Flow

60 min | Yoga Pavilion

2:00 p.m.

Functional Fascia

60 min | M2

4:00 p.m.

Soothe Holiday Stress: Deep Relaxation

60 min | M1

6:00 p.m.

Gong Sound Bath

60 min | Yoga Pavilion