

AM Activities

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

PM Activities

12:00 p.m.
Garden Walk: The World of Flowers
60 min | Great Hall

1:00 p.m.
Deep Relaxation
60 min | Yoga Pavilion

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

5:45 p.m.
Hale Tour
30 min | Tours

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.

Strength Circuit

60 min | M2

10:30 a.m.

Deep Relaxation

60 min | Yoga Pavilion

10:30 a.m.

Functional Fascia

60 min | M2

PM Activities

1:00 p.m.

Getting Started with Compassion

60 min | Yoga Pavilion

AM Activities

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

8:00 a.m.
Sensei Yoga Flow
60 min | Yoga Pavilion

8:30 a.m.
Minimalist Resistance Training
60 min | M2

PM Activities

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

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

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

AM Activities

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

9:00 a.m.
Target Activations
60 min | M2

10:30 a.m.
Yoga Basics
60 min | Yoga Pavilion

11:30 a.m.
Sensory Walking Meditation
30 min | Swimming Pool

PM Activities

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

3:30 p.m.
Floating Meditation
60 min | Yoga Pavilion

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

6:00 p.m.
Open Sky Meditation
30 min | Yoga Deck

AM Activities

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

8:30 a.m.
Sensei Yoga Flow
60 min | Yoga Pavilion

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

PM Activities

1:30 p.m.
Yin Yoga
60 min | Yoga Pavilion

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 | Yoga Deck

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

10:00 a.m.

Forest Bathing

90 min | Onsen Kiosk

10:30 a.m.

Advanced Vinyasa 60

60 min | Yoga Pavilion

11:00 a.m.

Minimalist Resistance Training

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

3:30 p.m.

Mindfulness for Everyday Living

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.

Primal Basics

60 min | M2

8:30 a.m.

Restorative Aerial Yoga

60 min | Yoga Pavilion

10:00 a.m.

Garden Walk

60 min | Great Hall

10:30 a.m.

Floating Meditation

60 min | Yoga Pavilion

10:30 a.m.

Sensory Walking Meditation

30 min | Swimming Pool

PM Activities

2:00 p.m.

Functional Fascia

60 min | M2

3:30 p.m.

Deep Relaxation

60 min | M1

5:30 p.m.

Silent Meditation

30 min | M1

6:00 p.m.

Gong Sound Bath

60 min | Yoga Pavilion