

AM Activities

7:00 a.m. <b>Koloiki Ridge Hike</b> 150 min	7:30 a.m. <b>The Daily Warm-up</b> 30 min   M2	8:30 a.m. <b>Restorative Aerial Yoga</b> 60 min   Yoga Pavilion
10:30 a.m. <b>Floating Meditation</b> 60 min   Yoga Pavilion	10:30 a.m. <b>Freeing Yourself from Stories</b> 60 min   Flex 1	11:30 a.m. <b>Ranch Walk</b> 60 min

PM Activities

1:30 p.m. <b>Garden Walk</b> 60 min	2:00 p.m. <b>Functional Fascia</b> 60 min   M2	3:30 p.m. <b>Deep Relaxation</b> 60 min   M1
5:30 p.m. <b>Silent Meditation</b> 30 min   M1	6:00 p.m. <b>Gong Sound Bath</b> 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.  
**Core Strength**  
60 min | M2

8:30 a.m.  
**Forest Bathing**  
90 min | Onsen Kiosk

PM Activities

12:00 p.m.  
**Garden Walk: The World of Flowers**  
60 min

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

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

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.  
**Morning Meditation and Yoga**  
60 min | Yoga Pavilion

7:00 a.m.  
**Koloiki Ridge Hike**  
150 min

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

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

PM Activities

1:00 p.m.  
**Getting Started with Compassion**  
60 min | Yoga Pavilion

3:30 p.m.  
**Floating Meditation**  
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

7:30 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

11:00 a.m.  
**Yin Yoga**  
60 min | Yoga Pavilion

PM Activities

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

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

10:30 a.m.  
**Sensory Walking Meditation**  
30 min | Swimming Pool

PM Activities

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

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

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

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

AM Activities

7:00 a.m.

Koloiki Ridge Hike

150 min

8:30 a.m.

Sensei Yoga Flow

60 min | Yoga Pavilion

11:00 a.m.

Art Walk Tour

60 min

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

7:30 a.m.

The Daily Warm-up

30 min | M2

8:30 a.m.

Morning Meditation and Yoga

60 min | Yoga Pavilion

10:30 a.m.

Advanced Vinyasa 60

60 min | Yoga Pavilion

10:30 a.m.

Forest Bathing

90 min | Onsen Kiosk

11:00 a.m.

Minimalist Resistance Training

60 min | M2

PM Activities

2:00 p.m.

Functional Fascia

60 min | M2

4:00 p.m.

Mindfulness for Everyday Living

60 min | M1

6:00 p.m.

Open Sky Meditation

30 min | Yoga Deck