

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

8:30 a.m.  
**Restorative Aerial Yoga**  
60 min | Yoga Pavilion

8:30 a.m.  
**Primal Basics**  
60 min | M2

10:00 a.m.  
**Garden Walk**  
60 min

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

10:30 a.m.  
**Freeing Yourself from Stories**  
60 min | Flex 1

PM Activities

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

2:30 p.m.  
**Restorative Aerial Yoga**  
60 min | Yoga Pavilion

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

6:00 p.m.  
**Silent Meditation**  
30 min | M1

6:00 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.  
**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

4:00 p.m.  
**Gong Sound Bath**  
60 min | Yoga Pavilion

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

7:30 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

8:30 a.m.  
**Strength Circuit**  
60 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

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

4:00 p.m.  
**Floating Meditation**  
60 min | Yoga Pavilion

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

7:30 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

AM Activities

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

8:30 a.m.  
**Functional Fascia**  
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

2:30 p.m.  
**Restorative Aerial Yoga**  
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

7:00 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

11:30 a.m.

Functional Fascia

60 min | M2

PM Activities

12:30 p.m.

Yin Yoga

60 min | Yoga Pavilion

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. <b>Koloiki Ridge Hike</b> 150 min	8:30 a.m. <b>Morning Meditation and Yoga</b> 60 min   Yoga Pavilion	10:30 a.m. <b>Advanced Vinyasa 60</b> 60 min   Yoga Pavilion
10:30 a.m. <b>Forest Bathing</b> 90 min   Onsen Kiosk	11:00 a.m. <b>Minimalist Resistance Training</b> 60 min   M2	

PM Activities

12:30 p.m. <b>Restorative Aerial Yoga</b> 60 min   Yoga Pavilion	2:00 p.m. <b>Functional Fascia</b> 60 min   M2	4:00 p.m. <b>Mindfulness for Everyday Living</b> 60 min   M1
6:00 p.m. <b>Open Sky Meditation</b> 30 min   Yoga Deck		