

AM Activities

7:00 a.m.
Morning Meditation and Yoga
60 min | Yoga Pavilion

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

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.

Koloiki Ridge Hike

150 min

7:00 a.m.

Morning Meditation and Yoga

60 min | Yoga Pavilion

10:30 a.m.

Yoga Basics

60 min | Yoga Pavilion

PM Activities

1:00 p.m.

Getting Started with Compassion

60 min | Yoga Pavilion

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

PM Activities

12:30 p.m.
Getting Started with Meditation
60 min | Yoga Pavilion

AM Activities

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

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

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.
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 | M1

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

11:00 a.m.
Art Walk Tour
60 min

PM Activities

12:30 p.m.
Yin Yoga
60 min | Yoga Pavilion

1:30 p.m.
Sensory Walking Meditation
30 min | Swimming Pool

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

AM Activities

7:30 a.m.
The Daily Warm-up
30 min | M1

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.
Sensory Walking Meditation
30 min | Swimming Pool

PM Activities

12:30 p.m.
Restorative Aerial Yoga
60 min | Yoga Pavilion

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

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.
Restorative Aerial Yoga
60 min | Yoga Pavilion

9:00 a.m.
Strength Circuit
60 min | M2

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

10:30 a.m.
Freeing Yourself from Stories
60 min | M1

PM Activities

12:00 p.m.
Garden Walk
60 min

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

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