

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

AM Activities

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

7:30 a.m.  
**Open Sky Meditation**  
30 min | Yoga Deck

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

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

9:00 a.m.  
**Mindfulness for Everyday Living**  
60 min | Yoga Pavilion

9:00 a.m.  
**Core Strength**  
60 min | M2

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