

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

AM Activities

7:00 a.m.

Koloiki Ridge Hike

150 min

7:00 a.m.

Sensei Yoga Flow

60 min | Yoga Pavilion

7:30 a.m.

Getting Started with Meditation

60 min | M1

7:30 a.m.

The Daily Warm-up

30 min | M2

9:00 a.m.

Strength Circuit

60 min | M2

9:30 a.m.

Sensory Walking Meditation

30 min | Swimming Pool

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.

Deep Relaxation

60 min | M1

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

8:30 a.m.

Sensei Yoga Flow

60 min | Yoga Pavilion

9:00 a.m.

Minimalist Resistance Training

60 min | M2

9:30 a.m.

Sensory Walking Meditation

30 min | Swimming Pool

11:00 a.m.

Getting Started with Meditation

60 min | M1

11:00 a.m.

Yin Yoga

60 min | Yoga Pavilion

PM Activities

2:00 p.m.

Functional Fascia

60 min | M2

4:30 p.m.

Deep Relaxation

60 min | Yoga Pavilion

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

PM Activities

1:00 p.m.

Getting Started with Compassion

60 min | M1

2:00 p.m.

Functional Fascia

60 min | M2

2:30 p.m.

Restorative Aerial Yoga

60 min | Yoga Pavilion

AM Activities

7:30 a.m.

The Daily Warm-up

30 min | M2

8:30 a.m.

Sensei Yoga Flow

60 min | Yoga Pavilion

9:00 a.m.

Core Strength

60 min | M2

PM Activities

12:30 p.m.

Yin Yoga

60 min | Yoga Pavilion

2:00 p.m.

Functional Fascia

60 min | M2

4:30 p.m.

Gong Sound Bath

60 min | Yoga Pavilion

6:30 p.m.

Open Sky Meditation

30 min | Yoga Deck