

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

<p>7:00 a.m.</p> <p>Koloiki Ridge Hike</p> <p>150 min</p>	<p>7:00 a.m.</p> <p>Sensei Yoga Flow</p> <p>60 min Yoga Pavilion</p>	<p>7:30 a.m.</p> <p>Getting Started with Meditation</p> <p>60 min M1</p>
<p>7:30 a.m.</p> <p>The Daily Warm-up</p> <p>30 min M2</p>	<p>9:00 a.m.</p> <p>Strength Circuit</p> <p>60 min M2</p>	<p>9:30 a.m.</p> <p>Sensory Walking Meditation</p> <p>30 min Swimming Pool</p>
<p>10:30 a.m.</p> <p>Yoga Basics</p> <p>60 min Yoga Pavilion</p>		

PM Activities

<p>2:00 p.m.</p> <p>Functional Fascia</p> <p>60 min M2</p>	<p>2:30 p.m.</p> <p>Deep Relaxation</p> <p>60 min M1</p>	<p>4:00 p.m.</p> <p>Floating Meditation</p> <p>60 min Yoga Pavilion</p>
<p>6:00 p.m.</p> <p>Open Sky Meditation</p> <p>30 min Yoga Deck</p>	<p>7:30 p.m.</p> <p>Gong Sound Bath</p> <p>60 min Yoga Pavilion</p>	

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