

AM Activities

8:00 a.m.
Morning Meditation and Yoga
60 min | Yoga Pavilion

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

10:00 a.m.
Sensory Walking Meditation
30 min | Swimming Pool

PM Activities

12:00 p.m.
Garden Walk: The World of Flowers
60 min

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

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

11:00 a.m.

Forest Bathing

90 min | Onsen Kiosk

PM Activities

1:00 p.m.

Getting Started with Compassion

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

AM Activities

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

8:30 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

1:00 p.m.
Getting Started with Meditation
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

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

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

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.

Getting Started with Meditation

60 min | M1

PM Activities

12:30 p.m.

Yin Yoga

60 min | Yoga Pavilion

2:00 p.m.

Functional Fascia

60 min | M2

4:00 p.m.

Restorative Yoga

60 min | Yoga Pavilion

6:00 p.m.

Open Sky Meditation

30 min | Yoga Deck

AM Activities

<p>7:00 a.m.</p> <p>Koloiki Ridge Hike</p> <p>150 min</p>	<p>7:30 a.m.</p> <p>The Daily Warm-up</p> <p>30 min M2</p>	<p>8:30 a.m.</p> <p>Morning Meditation and Yoga</p> <p>60 min Yoga Pavilion</p>
<p>9:00 a.m.</p> <p>Minimalist Resistance Training</p> <p>60 min M2</p>	<p>10:30 a.m.</p> <p>Advanced Vinyasa 60</p> <p>60 min Yoga Pavilion</p>	

PM Activities

<p>12:00 p.m.</p> <p>Forest Bathing</p> <p>90 min Onsen Kiosk</p>	<p>12:30 p.m.</p> <p>Restorative Aerial Yoga</p> <p>60 min Yoga Pavilion</p>	<p>4:00 p.m.</p> <p>Deep Relaxation</p> <p>60 min Yoga Pavilion</p>
<p>6:00 p.m.</p> <p>Open Sky Meditation</p> <p>30 min Yoga Deck</p>		

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

10:00 a.m.

Garden Walk

60 min

10:30 a.m.

Floating Meditation

60 min | Yoga Pavilion

10:30 a.m.

Sensory Walking Meditation

30 min | Swimming Pool

PM Activities

4:00 p.m.

Deep Relaxation

60 min | M1

6:00 p.m.

Silent Meditation

30 min | M1