

## 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.

**Morning Meditation and Yoga**

60 min | Yoga Pavilion

9:00 a.m.

**Minimalist Resistance Training**

60 min | M2

10:30 a.m.

**Advanced Vinyasa 60**

60 min | Yoga Pavilion

10:30 a.m.

**Forest Bathing**

90 min | Onsen Kiosk

## PM Activities

12:00 p.m.

**Garden Walk: Aroids**

60 min

2:00 p.m.

**Functional Fascia**

60 min | M2

2:00 p.m.

**Aquatic Recovery**

60 min | Swimming Pool

2:30 p.m.

**Restorative Aerial Yoga (\$)**

60 min | Yoga Pavilion

4:00 p.m.

**Mindfulness for Everyday Living**

60 min | M1

6:00 p.m.

**Open Sky Meditation**

30 min | Yoga Deck

## AM Activities

7:30 a.m.

**The Daily Warm-up**

30 min | M2

8:00 a.m.

**Forest Bathing**

90 min | Onsen Kiosk

9:00 a.m.

**Target Activations**

60 min | M2

10:30 a.m.

**Freeing Yourself from Stories**

60 min | M1

## PM Activities

1:30 p.m.

**Floating Meditation**

60 min | Yoga Pavilion

2:00 p.m.

**Functional Fascia**

60 min | M2

2:30 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

7:30 a.m.

**The Daily Warm-up**

30 min | M2

8:00 a.m.

**Morning Meditation and Yoga**

60 min | Yoga Pavilion

9:00 a.m.

**Core Strength**

60 min | M2

## PM Activities

12:00 p.m.

**Garden Walk**

60 min

1:00 p.m.

**Restorative Aerial Yoga (\$)**

60 min | Yoga Pavilion

2:00 p.m.

**Functional Fascia**

60 min | M2

3:00 p.m.

**Deep Relaxation**

60 min | Yoga Pavilion

## AM Activities

8:00 a.m.

**Private Yoga Class**

60 min | Yoga Pavilion

8:15 a.m.

**Cultivating Inner Peace: The Art of Self-Care**

30 min | Garden Bar

8:30 a.m.

**Forest Bathing**

90 min | Onsen Kiosk

8:30 a.m.

**The Daily Warm-up**

30 min | M2

10:00 a.m.

**Restorative Aerial Yoga (\$)**

60 min | Yoga Pavilion

## PM Activities

12:00 p.m.

**Garden Walk**

60 min

1:00 p.m.

**Functional Fascia**

60 min | M2

## 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.

**Morning Meditation and Yoga**

60 min | Yoga Pavilion

8:30 a.m.

**Minimalist Resistance Training**

60 min | M2

10:00 a.m.

**Cultivating Genuine Happiness**

60 min | Yoga Pavilion

11:00 a.m.

**Art Walk Tour**

60 min

11:30 a.m.

**Garden Walk: The World of Flowers**

60 min

## PM Activities

1:00 p.m.

**Restorative Aerial Yoga (\$)**

60 min | Yoga Pavilion

2:00 p.m.

**Functional Fascia**

60 min | M2

3:00 p.m.

**Yin Yoga**

60 min | Yoga Pavilion

4:00 p.m.

**Deep Relaxation**

60 min | M1

6:00 p.m.

**Meditation on The Elements**

30 min | Yoga Deck

## AM Activities

7:30 a.m.

**The Daily Warm-up**

30 min | M2

8:15 a.m.

**Dream On: Navigating the Challenges of Sleep**

30 min | Garden Bar

8:30 a.m.

**Target Activations**

60 min | M2

10:30 a.m.

**Yoga Basics**

60 min | Yoga Pavilion

10:30 a.m.

**Sensory Walking Meditation**

30 min | Swimming Pool

## PM Activities

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

7:00 a.m.

**Koloiki Ridge Hike (\$)**

150 min

8:30 a.m.

**Sensei Yoga Flow**

60 min | Yoga Pavilion

9:00 a.m.

**Minimalist Resistance Training**

60 min | M2

11:00 a.m.

**Art Walk Tour**

60 min

## 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.

**Getting Started with Meditation**

60 min | M1

6:00 p.m.

**Meditation on The Elements**

30 min | Yoga Deck