

## 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

11:00 a.m.

**Freeing Yourself from Stories**

60 min | M1

## PM Activities

1:30 p.m.

**Floating Meditation**

60 min | Yoga Pavilion

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

7:00 a.m.

**Koloiki Ridge Hike (\$)**

150 min

8:15 a.m.

**Gut Instinct: Understanding Your Microbiome**

30 min | Garden Bar

## PM Activities

12:00 p.m.

**Garden Walk: Aroids**

60 min

1:00 p.m.

**Deep Relaxation**

60 min | M1

2:30 p.m.

**Restorative Aerial Yoga (\$)**

60 min | Yoga Pavilion

4:00 p.m.

**Gong Sound Bath**

60 min | Yoga Pavilion

4:30 p.m.

**Forest Bathing**

90 min | Onsen Kiosk

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.

**Morning Meditation and Yoga**

60 min | Yoga Pavilion

8:00 a.m.

**Sensory Walking Meditation**

30 min | Swimming Pool

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

9:30 a.m.

**Sensei Yoga Flow**

60 min | Yoga Pavilion

## PM Activities

12:00 p.m.

**Garden Walk**

60 min

1:00 p.m.

**Getting Started with Compassion**

60 min | M1

2:30 p.m.

**Restorative Aerial Yoga (\$)**

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

7:00 a.m.

**Koloiki Ridge Hike (\$)**

150 min

7:30 a.m.

**Morning Meditation and Yoga**

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

12:30 p.m.

**Restorative Aerial 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

7:00 a.m.

**Koloiki Ridge Hike (\$)**

150 min

8:15 a.m.

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

30 min | Garden Bar

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

## AM Activities

8:30 a.m.

**Sensei Yoga Flow**

60 min | Yoga Pavilion

10:00 a.m.

**Yin Yoga**

60 min | Yoga Pavilion

11:00 a.m.

**Art Walk Tour**

60 min

## PM Activities

2:30 p.m.

**Balance Basics**

30 min | M1

4:00 p.m.

**Getting Started with Meditation**

60 min | M1

4:15 p.m.

**Gut Instinct: Understanding Your Microbiome**

30 min | Great Hall - Sitting Area

6:00 p.m.

**Meditation on The Elements**

30 min | Yoga Deck

## AM Activities

7:00 a.m.

**Koloiki Ridge Hike (\$)**

150 min

9:00 a.m.

**Sensory Eating Experience (\$)**

60 min | Sensei by Nobu Dining Room

9:30 a.m.

**Morning Meditation and Yoga**

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

1:30 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