

AM Activities

8:30 a.m. The Daily Warm-up 30 min M2	8:30 a.m. Morning Meditation and Yoga 60 min Yoga Pavilion	10:30 a.m. Getting Started with Meditation 60 min M1
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PM Activities

12:30 p.m. Yin Yoga 60 min Yoga Pavilion	3:30 p.m. Art Walk Tour 60 min	5:30 p.m. Meditation on The Elements 30 min Yoga Deck
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AM Activities

7:00 a.m. Koloiki Ridge Hike (\$) 150 min	10:30 a.m. Sensei Yoga Flow 60 min Yoga Pavilion	10:30 a.m. Freeing Yourself from Stories 60 min M1
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PM Activities

12:00 p.m. Garden Walk: Aroids 60 min	2:30 p.m. Restorative Aerial Yoga (\$) 60 min Yoga Pavilion	3:30 p.m. Functional Fascia 60 min M2
3:30 p.m. Mindfulness for Everyday Living 60 min M1	5:30 p.m. Open Sky Meditation 30 min Yoga Deck	

AM Activities

7:00 a.m.
Koloiki Ridge Hike (\$)
150 min

8:00 a.m.
Ranch Walk
60 min

8:30 a.m.
Target Activations
60 min | M2

10:00 a.m.
Garden Walk
60 min

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

PM Activities

1:30 p.m.
Floating Meditation
60 min | Yoga Pavilion

3:30 p.m.
Deep Relaxation
60 min | M1

4:30 p.m.
Sensei Yoga Flow
60 min | Yoga Pavilion

5:30 p.m.
Silent Meditation
30 min | M1

6:30 p.m.
Gong Sound Bath
60 min | Yoga Pavilion

AM Activities

7:00 a.m. Koloiki Ridge Hike (\$) 150 min	7:00 a.m. Morning Meditation and Yoga 60 min Yoga Pavilion	8:30 a.m. Minimalist Resistance Training 60 min M2
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PM Activities

12:00 p.m. Garden Walk: The World of Flowers 60 min	2:00 p.m. Gong Sound Bath 60 min Yoga Pavilion	3:30 p.m. Aquatic Recovery 60 min Swimming Pool
3:30 p.m. Restorative Aerial Yoga (\$) 60 min Yoga Pavilion	5:30 p.m. Open Sky Meditation 30 min Yoga Deck	

AM Activities

7:00 a.m.
Morning Meditation and Yoga
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

10:30 a.m.
Yoga Basics
60 min | Yoga Pavilion

PM Activities

12:00 p.m.
Ranch Walk
60 min

2:30 p.m.
Sensory Walking Meditation
30 min | Swimming Pool

3:30 p.m.
Restorative Aerial Yoga (\$)
60 min | Yoga Pavilion

AM Activities

7:00 a.m.
Koloiki Ridge Hike (\$)
150 min

7:30 a.m.
Sensei Yoga Flow
60 min | Yoga Pavilion

11:30 a.m.
Garden Walk
60 min

PM Activities

12:30 p.m.
Restorative Aerial Yoga (\$)
60 min | Yoga Pavilion

12:45 p.m.
Sensei Way Overview 1:1
15 min | Sync 2

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

10:00 a.m.
Forest Bathing
90 min | Onsen Kiosk

10:30 a.m.
Yoga Basics
60 min | Yoga Pavilion

PM Activities

2:30 p.m.
Advanced Vinyasa 60
60 min | Yoga Pavilion

3:30 p.m.
Strength Circuit
60 min | M2

3:30 p.m.
Getting Started with Compassion
60 min | M1

5:30 p.m.
Open Sky Meditation
30 min | Yoga Deck