

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

PM Activities

12:00 p.m.

Garden Walk: The World of Flowers

60 min

12:00 p.m.

Advanced Vinyasa 60

60 min | Yoga Pavilion

1:00 p.m.

Getting Started with Compassion

60 min | M1

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

1:00 p.m.

Map Your Year: Guided Vision Boarding (\$)

60 min | Flex 1

2:30 p.m.

Sensory Walking Meditation

30 min | Swimming Pool

3:30 p.m.

Restorative Aerial Yoga (\$)

60 min | Yoga Pavilion

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