

## AM Activities

7:00 a.m.

**Koloiki Ridge Hike (\$)**

150 min

8:15 a.m.

**Gut Instinct: Understanding Your Microbiome**

30 min | Garden Bar

9:00 a.m.

**Tis the Season: Total Body Strength Circuit**

60 min | M2

9:15 a.m.

**Sensory Eating Experience (\$)**

75 min | Sensei by Nobu Dining Room

10:30 a.m.

**Freeing Yourself from Stories**

60 min | M1

10:30 a.m.

**Sensei Yoga Flow**

60 min | Yoga Pavilion

## PM Activities

12:00 p.m.

**Garden Walk: Aroids**

60 min

2:00 p.m.

**Minimalist Resistance Training**

60 min | M2

2:30 p.m.

**Restorative 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

7:30 a.m.

**Winter Wake-up: The Daily Warm Up Ranch Walk**

30 min | M2

8:00 a.m.

**Ranch Walk**

60 min

8:30 a.m.

**Morning Meditation and Yoga**

60 min | Yoga Pavilion

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

2:00 p.m.

**Functional Fascia**

60 min | M2

3:30 p.m.

**Soothe Holiday Stress: Deep Relaxation**

60 min | M1

5:30 p.m.

**Silent Meditation**

30 min | M1

## AM Activities

7:00 a.m.

**Koloiki Ridge Hike (\$)**

150 min

7:30 a.m.

**Winter Wake-up: The Daily Warm Up** **Festive Energizing Flow: Advanced Vinyasa**

30 min | M2

9:30 a.m.

60 min | Yoga Pavilion

11:30 a.m.

**Yoga Basics**

60 min | Yoga Pavilion

## PM Activities

12:00 p.m.

**Garden Walk: The World of Flowers**

60 min

1:00 p.m.

**Getting Started with Compassion**

60 min | Yoga Pavilion

2:00 p.m.

**Functional Fascia**

60 min | M2

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

7:00 p.m.

**Evening Glow Sound Bath**

60 min | Yoga Pavilion

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