

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

Activities are being planned for this date. Stay tuned. Please view this month's calendar for examples of offerings.

Activities are being planned for this date. Stay tuned. Please view this month's calendar for examples of offerings.

Activities are being planned for this date. Stay tuned. Please view this month's calendar for examples of offerings.

Activities are being planned for this date. Stay tuned. Please view this month's calendar for examples of offerings.

Activities are being planned for this date. Stay tuned. Please view this month's calendar for examples of offerings.