

## AM Activities

7:00 a.m.

**Koloiki Ridge Hike (\$)**

150 min

7:30 a.m.

**Morning Meditation and Yoga**

60 min | Yoga Pavilion

8:15 a.m.

**Gut Instinct: Understanding Your Microbiome**

30 min | Garden Bar

9:00 a.m.

**Target Activations**

60 min | M2

9:15 a.m.

**Sensory Eating Experience (\$)**

75 min | Sensei by Nobu Dining Room

9:30 a.m.

**Restorative Aerial Yoga (\$)**

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.

**Festive Energizing Flow: Advanced Vinyasa**

60 min | Yoga Pavilion

3:30 p.m.

**Functional Fascia**

60 min | M2

## AM Activities

7:00 a.m.

**Koloiki Ridge Hike (\$)**

150 min

7:30 a.m.

**Morning Meditation and Yoga**

60 min | Yoga Pavilion

7:30 a.m.

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

30 min | M2

8:00 a.m.

**Ranch Walk**

60 min

9:00 a.m.

**Core Strength**

60 min | M2

10:00 a.m.

**Garden Walk**

60 min

10:00 a.m.

**Meditation on The Elements**

30 min | M1

## PM Activities

12:30 p.m.

**Festive Energizing Flow: Advanced Vinyasa**

60 min | Yoga Pavilion

2:00 p.m.

**Functional Fascia**

60 min | M2

2:30 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

7:30 a.m.

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

30 min | M2

9:00 a.m.

**Target Activations**

60 min | M2

## 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

2:30 p.m.

**Restorative Aerial Yoga (\$)**

60 min | Yoga Pavilion

3:30 p.m.

**Aquatic Recovery**

60 min | Swimming Pool

## AM Activities

7:00 a.m.

**Koloiki Ridge Hike (\$)**

150 min

7:30 a.m.

**Winter Wake-up: The Daily Warm Up Morning Meditation and Yoga**

30 min | M2

8:00 a.m.

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

## PM Activities

12:00 p.m.

**Ranch Walk**

60 min

1:00 p.m.

**Map Your Year: Guided Vision Boarding (\$)**

60 min | Flex 1

2:00 p.m.

**Functional Fascia**

60 min | M2

5:00 p.m.

**Festive Energizing Flow: Advanced Vinyasa**

60 min | Yoga Pavilion

7:00 p.m.

**Evening Glow Sound Bath**

60 min | Yoga Pavilion

## 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.

**Sensei Yoga Flow**

60 min | Yoga Pavilion

9:00 a.m.

**Core Strength**

60 min | M2

10:00 a.m.

**Soothe Holiday Stress: Deep Relaxation**

60 min | M1

10:30 a.m.

**Cultivating Genuine Happiness**

60 min | Yoga Pavilion

11:30 a.m.

**Garden Walk**

60 min

## PM Activities

12:00 p.m.

**Getting Started with Meditation**

60 min | M1

2:00 p.m.

**Functional Fascia**

60 min | M2

3:00 p.m.

**Gong Sound Bath**

60 min | Yoga Pavilion

5:30 p.m.

**Meditation on The Elements**

30 min | Yoga Deck

## AM Activities

7:00 a.m.

**Koloiki Ridge Hike (\$)**

150 min

7:00 a.m.

**Winter Wake-up: The Daily Warm Up Morning Meditation and Yoga**

30 min | M2

10:00 a.m.

60 min | M1

## PM Activities

12:00 p.m.

**Deep Relaxation**

60 min | Yoga Pavilion

12:30 p.m.

**Garden Walk: The World of Flowers**

60 min

1:00 p.m.

**Functional Fascia**

60 min | M2

2:30 p.m.

**Gong Sound Bath**

60 min | Yoga Pavilion

3:30 p.m.

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

60 min | M2

5:30 p.m.

**Open Sky Meditation**

30 min | Yoga Deck

6:00 p.m.

**Gong Sound Bath**

60 min | Yoga Pavilion

## AM Activities

7:00 a.m.

**The Daily Warm-up**

30 min | M2

9:30 a.m.

**Morning Meditation and Yoga**

60 min | M1

11:30 a.m.

**Sensei Yoga Flow**

60 min | Yoga Pavilion

## PM Activities

1:00 p.m.

**Forest Bathing**

90 min | Onsen Kiosk

2:30 p.m.

**Soothe Holiday Stress: Deep Relaxation**

60 min | M1

3:30 p.m.

**Functional Fascia**

60 min | M2

4:30 p.m.

**Yin Yoga**

60 min | Yoga Pavilion

5:00 p.m.

**Open Sky Meditation**

30 min | Yoga Deck