

AM Activities

8:00 a.m.

Sensei Yoga Flow

60 min | Yoga Pavilion

8:30 a.m.

Back to Balance: Holiday Reset

30 min | M1

10:00 a.m.

Mobilize

30 min | M2

PM Activities

1:00 p.m.

Yoga Basics

60 min | Yoga Pavilion

2:30 p.m.

Functional Fascia

60 min | M2

3:30 p.m.

Art Walk Tour

60 min

5:30 p.m.

Meditation on The Elements

30 min | Yoga Deck

AM Activities

7:00 a.m.

Koloiki Ridge Hike (\$)

150 min

8:00 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

10:30 a.m.

Freeing Yourself from Stories

60 min | M1

PM Activities

12:00 p.m.

Garden Walk: Aroids

60 min

1:00 p.m.

Yin Yoga

60 min | Yoga Pavilion

2:00 p.m.

Minimalist Resistance Training

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

8:00 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

11:00 a.m.

Core Strength

60 min | M2

PM Activities

1:00 p.m.

Festive Energizing Flow: Advanced Vinyasa

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.

Morning Meditation and Yoga

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

1:30 p.m.

Aquatic Recovery

60 min | Swimming Pool

2:00 p.m.

Functional Fascia

60 min | M2

5:00 p.m.

Sensei Yoga Flow

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.

Winter Wake-up: The Daily Warm Up

30 min | M2

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

8:30 a.m.

Morning Meditation and Yoga

60 min | Yoga Pavilion

9:00 a.m.

Target Activations

60 min | M2

PM Activities

12:00 p.m.

Ranch Walk

60 min

1:00 p.m.

Map Your Year: Vision Board Workshop (\$)

60 min | Flex 1

2:00 p.m.

Functional Fascia

60 min | M2

5:00 p.m.

Sensei Yoga Flow

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.

Winter Wake-up: The Daily Warm Up Sensei Yoga Flow

30 min | M2

8:30 a.m.

Sensei Yoga Flow

60 min | Yoga Pavilion

10:30 a.m.

Cultivating Genuine Happiness

60 min | Yoga Pavilion

10:30 a.m.

Art Walk Tour

60 min

11:30 a.m.

Garden Walk

60 min

PM Activities

2:00 p.m.

Functional Fascia

60 min | M2

3:30 p.m.

Soothe Holiday Stress: Deep Relaxation

60 min | M1

3:30 p.m.

Restorative Yoga

60 min | Yoga Pavilion

5:30 p.m.

Meditation on The Elements

30 min | Yoga Deck

5:30 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.

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.

Dream On: Navigating the Challenges of Sleep

30 min | Garden Bar

9:00 a.m.

Target Activations

60 min | M2

10:00 a.m.

Forest Bathing

90 min | Onsen Kiosk

PM Activities

1:00 p.m.

Sensei Yoga Flow

60 min | Yoga Pavilion

2:00 p.m.

Functional Fascia

60 min | M2

3:00 p.m.

Gong Sound Bath

60 min | Yoga Pavilion

3:30 p.m.

Getting Started with Compassion

60 min | M1

3:30 p.m.

Tis the Season: Total Body Strength Circuit

60 min | M2