

## 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

2:00 p.m.

**Minimalist Resistance Training**

60 min | M2

3:00 p.m.

**Yin 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

8:00 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

## 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

## 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

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

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.

**Gong Sound Bath**

60 min | Yoga Pavilion

2:00 p.m.

**Functional Fascia**

60 min | M2

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

6:00 p.m.

**Gong Sound Bath**

60 min | Yoga Pavilion

## AM Activities

8:00 a.m.

**Morning Meditation and Yoga**

60 min | Yoga Pavilion

8:30 a.m.

**Winter Wake-Up: The Daily Warm-up** **Back to Balance: Holiday Reset**

30 min | M2

8:30 a.m.

30 min | M1

10:00 a.m.

**Mobilize**

30 min | M2

10:30 a.m.

**Getting Started with Meditation**

60 min | M1

## PM Activities

1:00 p.m.

**Festive Energizing Flow: Advanced Vinyasa**

60 min | Yoga Pavilion

2:30 p.m.

**Functional Fascia**

60 min | M2

3:00 p.m.

**Gong Sound Bath**

60 min | Yoga Pavilion

3:30 p.m.

**Sip and See: Holiday Art Tour**

60 min

5:30 p.m.

**Meditation on The Elements**

30 min | Yoga Deck