

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

10:30 a.m.

Cultivating Genuine Happiness

60 min | Yoga Pavilion

11:30 a.m.

Garden Walk

60 min

PM Activities

12:30 p.m.

Restorative Aerial Yoga (\$)

60 min | Yoga Pavilion

2:00 p.m.

Functional Fascia

60 min | M2

AM Activities

7:00 a.m.

Koloiki Ridge Hike (\$)

150 min

7:30 a.m.

Winter Wake-up: The Daily Warm Up

30 min | M1

8:15 a.m.

Dream On: Navigating the Challenges of Sleep

30 min | Garden Bar

9:00 a.m.

Morning Meditation and Yoga

60 min | Yoga Pavilion

10:00 a.m.

Forest Bathing

90 min | Onsen Kiosk

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.

Getting Started with Compassion

60 min | M1

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

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

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