

AM Activities

7:30 a.m.
Morning Meditation and Yoga
60 min | Yoga Pavilion

7:30 a.m.
The Daily Warm-up
30 min | M2

9:00 a.m.
Strength Circuit
60 min | M2

9:30 a.m.
Restorative Aerial Yoga (\$)
60 min | Yoga Pavilion

10:00 a.m.
Getting Started with Meditation
60 min | M1

PM Activities

2:00 p.m.
Functional Fascia
60 min | M2

2:30 p.m.
Advanced Vinyasa 60
60 min | Yoga Pavilion

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	7:00 a.m. Morning Meditation and Yoga 60 min Yoga Pavilion	7:30 a.m. The Daily Warm-up 30 min M2
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	12:00 p.m. Restorative Aerial Yoga (\$) 60 min Yoga Pavilion	2:00 p.m. Sensei Yoga Flow 60 min Yoga Pavilion
2:00 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.
The Daily Warm-up
30 min | M2

8:00 a.m.
Ranch Walk
60 min

10:00 a.m.
Sensory Walking Meditation
30 min | Swimming Pool

10:00 a.m.
Garden Walk
60 min

11:00 a.m.
Minimalist Resistance Training
60 min | M2

PM Activities

2:00 p.m.
Functional Fascia
60 min | M2

3:30 p.m.
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

7:00 a.m.
Balance Basics
30 min | M1

7:30 a.m.
The Daily Warm-up
30 min | M2

8:30 a.m.
Morning Meditation and Yoga
60 min | Yoga Pavilion

9:00 a.m.
Strength Circuit
60 min | M2

PM Activities

12:00 p.m.
Garden Walk: The World of Flowers
60 min

1:30 p.m.
Restorative Aerial Yoga (\$)
60 min | Yoga Pavilion

2:00 p.m.
Functional Fascia
60 min | M2

3:30 p.m.
Sensei Yoga Flow
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

7:30 a.m.
Morning Meditation and Yoga
60 min | Yoga Pavilion

8:30 a.m.
Forest Bathing
90 min | Onsen Kiosk

9:00 a.m.
Target Activations
60 min | M2

PM Activities

12:00 p.m.
Ranch Walk
60 min

12:30 p.m.
Advanced Vinyasa 60
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

<div>7:00 a.m.</div> <div>Koloiki Ridge Hike (\$)</div> <div>150 min</div>	<div>7:30 a.m.</div> <div>The Daily Warm-up</div> <div>30 min M2</div>	<div>8:00 a.m.</div> <div>Sensei Yoga Flow</div> <div>60 min Yoga Pavilion</div>
<div>11:00 a.m.</div> <div>Core Strength</div> <div>60 min M2</div>	<div>11:30 a.m.</div> <div>Garden Walk</div> <div>60 min</div>	

PM Activities

<div>2:00 p.m.</div> <div>Functional Fascia</div> <div>60 min M2</div>	<div>3:00 p.m.</div> <div>Restorative Aerial Yoga (\$)</div> <div>60 min Yoga Pavilion</div>
--	--

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