

## AM Activities

7:00 a.m.

**Koloiki Ridge Hike (\$)**

150 min

7:00 a.m.

**The Daily Warm-up**

30 min | M2

7:30 a.m.

**Morning Meditation and Yoga**

60 min | Yoga Pavilion

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

## PM Activities

1:00 p.m.

**Advanced Vinyasa 60**

60 min | Yoga Pavilion

2:00 p.m.

**Functional Fascia**

60 min | M2

2:30 p.m.

**Restorative Yoga**

60 min | Yoga Pavilion

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.

**The Daily Warm-up**

30 min | M2

7:00 a.m.

**Sensei Yoga Flow**

60 min | Yoga Pavilion

8:00 a.m.

**Strength Circuit**

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

2:00 p.m.

**Advanced Vinyasa 60**

60 min | Yoga Pavilion

4:00 p.m.

**Yin Yoga**

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

8:15 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.

**Target Activations**

60 min | M2

## PM Activities

12:00 p.m.

**Ranch Walk**

60 min

1:00 p.m.

**Deep Relaxation**

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

7:00 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.

**Target Activations**

60 min | M2

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

2:30 p.m.

**Yin Yoga**

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

8:15 a.m.

**Dream On: Navigating the Challenges of Sleep**

30 min | Garden Bar

8:30 a.m.

**Target Activations**

60 min | M2

10:00 a.m.

**Forest Bathing**

90 min | Onsen Kiosk

## PM Activities

1:00 p.m.

**Yoga Basics**

60 min | Yoga Pavilion

2:00 p.m.

**Functional Fascia**

60 min | M2

2:30 p.m.

**Sensei Yoga Flow**

60 min | Yoga Pavilion

3:30 p.m.

**Getting Started with Compassion**

60 min | M1

5:30 p.m.

**Silent Meditation**

30 min | M1

## AM Activities

7:00 a.m.

**The Daily Warm-up**

30 min | M2

7:30 a.m.

**Morning Meditation and Yoga**

60 min | Yoga Pavilion

10:00 a.m.

**Getting Started with Meditation**

60 min | M1

## PM Activities

1:00 p.m.

**Advanced Vinyasa 60**

60 min | Yoga Pavilion

2:00 p.m.

**Functional Fascia**

60 min | M2

2:30 p.m.

**Yin Yoga**

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

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