

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

7:30 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.

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

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

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

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

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

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