

MONDAY

July 13

TUESDAY

July 14

WEDNESDAY

July 15

6:30 a.m.

Koiliki Ridge Hike

120 min

Great Hall

7:00 a.m.

Minimalist Resistance Training

60 min

Movement Studio 2

6:30 a.m.

Koiliki Ridge Hike

120 min

Great Hall

7:00 a.m.

Morning Meditation and Yoga

60 min

Yoga Pavilion

7:00 a.m.

Morning Meditation and Yoga

60 min

Yoga Pavilion

7:00 a.m.

Morning Meditation and Yoga

60 min

Yoga Pavilion

7:00 a.m.

Target Activations

60 min

Movement Studio 2

8:00 a.m.

Ranch Walk

60 min

Great Hall

7:00 a.m.

Target Activations

60 min

Movement Studio 2

8:30 a.m.

The Daily Warm-up

30 min

Yoga Pavilion

10:00 a.m.

Advanced Vinyasa

75 min

Yoga Pavilion

8:30 a.m.

The Daily Warm-up

60 min

Yoga Pavilion

11:00 a.m.

Yoga Basics

60 min

Yoga Pavilion

10:00 a.m.

Core 3D

60 min

Movement Studio 2

11:00 a.m.

Yoga Basics

60 min

Yoga Pavilion

2:30 p.m.

Functional Fascia

60 min

Movement Studio 2

4:00 p.m.

Target Activations

60 min

Movement Studio 2

2:00 p.m.

Freeing Yourself from Stories

60 min

Movement Studio 1

4:00 p.m.

Core 3D

60 min

Movement Studio 2

4:00 p.m.

Restorative Yoga

60 min

Yoga Pavilion

2:30 p.m.

Functional Fascia

60 min

Movement Studio 2

4:00 p.m.

Sensei Yoga Flow

60 min

Yoga Pavilion

4:00 p.m.

Core 3D

60 min

Movement Studio 2

MONDAY
July 13

TUESDAY
July 14

WEDNESDAY
July 15

5:30 p.m.
Restorative Yoga
60 min
Yoga Pavilion

No activities scheduled.

4:00 p.m.
Restorative Yoga
60 min
Yoga Pavilion

THURSDAY
July 16

6:30 a.m.
Koiliki Ridge Hike
120 min
Great Hall

7:00 a.m.
Minimalist Resistance Training
60 min
Movement Studio 2

7:00 a.m.
Morning Meditation and Yoga
60 min
Yoga Pavilion

8:30 a.m.
Silent Meditation
30 min
Yoga Deck

10:00 a.m.
Advanced Vinyasa
75 min
Yoga Pavilion

10:00 a.m.
Core 3D
60 min
Movement Studio 2

2:00 p.m.
Getting Started with Self-Compassion
60 min
Yoga Pavilion

4:00 p.m.
Target Activations
60 min
Movement Studio 2

FRIDAY
July 17

6:30 a.m.
Koiliki Ridge Hike
120 min
Great Hall

7:00 a.m.
Target Activations
60 min
Movement Studio 2

7:00 a.m.
Morning Meditation and Yoga
60 min
Yoga Pavilion

8:30 a.m.
The Daily Warm-up
60 min
Yoga Pavilion

11:00 a.m.
Yoga Basics
60 min
Yoga Pavilion

2:30 p.m.
Functional Fascia
60 min
Movement Studio 2

4:00 p.m.
Sensei Yoga Flow
60 min
Yoga Pavilion

5:30 p.m.
Deep Relaxation
60 min
Yoga Pavilion

SATURDAY
July 18

6:30 a.m.
Koiliki Ridge Hike
120 min
Great Hall

7:00 a.m.
Minimalist Resistance Training
60 min
Movement Studio 2

7:00 a.m.
Morning Meditation and Yoga
60 min
Yoga Pavilion

8:30 a.m.
Silent Meditation
30 min
Yoga Deck

9:00 a.m.
Garden Walk
60 min
Great Hall

10:00 a.m.
Advanced Vinyasa
75 min
Yoga Pavilion

2:00 p.m.
Getting Started with Meditation
60 min
Yoga Pavilion

4:00 p.m.
Core 3D
60 min
Movement Studio 2

SUNDAY
July 19

7:00 a.m.
Minimalist Resistance Training
60 min
Movement Studio 2

7:00 a.m.
Morning Meditation and Yoga
60 min
Yoga Pavilion

7:30 a.m.
Koiliki Ridge Hike
120 min
Great Hall

8:30 a.m.
The Daily Warm-up
60 min
Yoga Pavilion

8:30 a.m.
Silent Meditation
30 min
Yoga Deck

10:00 a.m.
Core 3D
60 min
Movement Studio 2

11:00 a.m.
Advanced Vinyasa (75)
75 min
Yoga Pavilion

2:30 p.m.
Functional Fascia
60 min
Movement Studio 2

THURSDAY
July 16

FRIDAY
July 17

SATURDAY
July 18

SUNDAY
July 19

4:00 p.m.
Restorative Yoga
60 min
Yoga Pavilion

No activities scheduled.

4:00 p.m.
Sensei Yoga Flow
60 min
Yoga Pavilion

4:00 p.m.
Restorative Yoga
60 min
Yoga Pavilion

5:30 p.m.
Deep Relaxation
60 min
Yoga Pavilion