

MONDAY
November 2

TUESDAY
November 3

WEDNESDAY
November 4

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

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

7:30 a.m.
The Daily Warm-up
30 min
Movement Studio 2

8:30 a.m.
Target Activations
60 min
Movement Studio 2

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

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

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

7:00 a.m.
Ranch Walk
60 min
Great Hall

7:30 a.m.
The Daily Warm-up
30 min
Movement Studio 2

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

8:30 a.m.
Minimalist Resistance Training
60 min
Movement Studio 2

9:30 a.m.
Advanced Vinyasa 75
75 min
Yoga Pavilion

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

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

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

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

7:30 a.m.
The Daily Warm-up
30 min
Movement Studio 2

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

8:30 a.m.
Target Activations
60 min
Movement Studio 2

10:00 a.m.
Being Peace Walking Meditation
30 min
Swimming Pool

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

2:00 p.m.
Freeing Yourself from Stories
60 min
Yoga Pavilion

MONDAY
November 2

TUESDAY
November 3

WEDNESDAY
November 4

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

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

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

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

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

7:00 *p.m.*
Open Sky Meditation
30 *min*
Yoga Deck

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

THURSDAY
November 5

FRIDAY
November 6

SATURDAY
November 7

SUNDAY
November 8

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

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

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

7:30 a.m.
The Daily Warm-up
30 min
Movement Studio 2

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

7:30 a.m.
The Daily Warm-up
30 min
Movement Studio 2

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

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

7:30 a.m.
The Daily Warm-up
30 min
Movement Studio 2

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

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

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

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

8:30 a.m.
Target Activations
60 min
Movement Studio 2

8:30 a.m.
Minimalist Resistance Training
60 min
Movement Studio 2

8:30 a.m.
Target Activations
60 min
Movement Studio 2

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

10:00 a.m.
Being Peace Walking Meditation
30 min
Swimming Pool

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

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

8:30 a.m.
Minimalist Resistance Training
60 min
Movement Studio 2

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

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

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

9:30 a.m.
Advanced Vinyasa 75
75 min
Yoga Pavilion

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

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

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

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

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

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

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

THURSDAY
November 5

FRIDAY
November 6

SATURDAY
November 7

SUNDAY
November 8

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

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

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

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

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

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

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

7:00 p.m.
Open Sky Meditation
30 min
Yoga Deck