

MONDAY*March 1***TUESDAY***March 2***WEDNESDAY***March 3**7:00 a.m.***Koloiki Ridge Hike***120 min*

Great Hall

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

Movement Studio 1

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

Movement Studio 2

*8:00 a.m.***Private Yoga Class***60 min*

Yoga Pavilion

*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.***Yin Yoga***60 min*

Yoga Pavilion

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

Movement Studio 2

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

Yoga Pavilion

*7:00 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.***Minimalist Resistance Training***60 min*

Movement Studio 2

*9:30 a.m.***Advanced Vinyasa 75***75 min*

Yoga Pavilion

*11:30 a.m.***Getting Started with Mindfulness***60 min*

Yoga Pavilion

*3:00 p.m.***Core 3D***60 min*

Movement Studio 2

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

Yoga Pavilion

*7:00 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.***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

March 1

TUESDAY

March 2

WEDNESDAY

March 3

4:00 p.m.

Sensei Yoga Flow

60 min

Yoga Pavilion

4:00 p.m.

Deep Relaxation

60 min

Yoga Pavilion

2:30 p.m.

Functional Fascia

60 min

Movement Studio 2

4:30 p.m.

Private Functional Fascia Class

60 min

Yoga Deck

7:00 p.m.

Open Sky Meditation

30 min

Yoga Deck

3:00 p.m.

Making Sense of Anxiety

45 min

Lecture South

5:30 p.m.

Restorative Yoga

60 min

Yoga Pavilion

5:30 p.m.

Sound Journey

60 min

Yoga Pavilion

THURSDAY
March 4

FRIDAY
March 5

SATURDAY
March 6

SUNDAY
March 7

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.
Morning Meditation and Yoga
60 min
Yoga Pavilion

7:00 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.
Koloiki Ridge Hike
120 min
Great Hall

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

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.
Minimalist Resistance Training
60 min
Movement Studio 2

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

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

10:30 a.m.
Forest Bathing
90 min
Yoga Deck

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

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

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

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

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

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

11:30 a.m.
Getting Started with Self-Compassion
60 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

10:00 a.m.
Yoga Basics
60 min
Yoga Pavilion

4:00 p.m.
Deep Relaxation
60 min
Yoga Pavilion

3:00 p.m.
Sugar: How Sweet Is It?
45 min
Lecture South

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

11:00 a.m.
Grow Well: Healthy Aging
45 min
Lecture South

THURSDAY
March 4

FRIDAY
March 5

SATURDAY
March 6

SUNDAY
March 7

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

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

3:00 p.m.
The Science of Breath
45 min
Lecture South

2:30 p.m.
Functional Fascia
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

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

6:30 p.m.
Sound Journey
60 min
Yoga Pavilion

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