

MONDAY

May 3

TUESDAY

May 4

WEDNESDAY

May 5

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

8:00 a.m.

Koloiki Ridge Hike

120 min

Great Hall

8:30 a.m.

Target Activations

60 min

Movement Studio 2

8:30 a.m.

Silent Meditation

30 min

Yoga Deck

9:00 a.m.

Garden Walk

60 min

Great Hall

11:00 a.m.

Yin Yoga

60 min

Yoga Pavilion

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.

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

3:00 p.m.

Sensei Yoga Flow

60 min

Great Hall

6:45 a.m.

Koloiki Ridge Hike

150 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

2:30 p.m.

Functional Fascia

60 min

Movement Studio 2

MONDAY

May 3

TUESDAY

May 4

WEDNESDAY

May 5

2:30 p.m.

Functional Fascia

60 min

Movement Studio 2

4:00 p.m.

Deep Relaxation

60 min

Yoga Pavilion

3:00 p.m.

Sugar: How Sweet Is It?

45 min

Lecture South

4:00 p.m.

Sensei Yoga Flow

60 min

Yoga Pavilion

7:00 p.m.

Open Sky Meditation

30 min

Yoga Deck

4:00 p.m.

Sensei Yoga Flow

60 min

Yoga Pavilion

5:30 p.m.

Restorative Yoga

60 min

Yoga Pavilion

5:30 p.m.

Restorative Yoga

60 min

Yoga Pavilion

THURSDAY

May 6

FRIDAY

May 7

SATURDAY

May 8

SUNDAY

May 9

6:30 a.m.

Koloiki 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.

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.

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

8:30 a.m.

Silent Meditation

30 min

Yoga Deck

7:30 a.m.

The Daily Warm-up

30 min

Movement Studio 2

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.

Target Activations

60 min

Movement Studio 2

8:30 a.m.

Minimalist Resistance**Training**

60 min

Movement Studio 2

8:30 a.m.

Silent Meditation

30 min

Yoga Deck

8:30 a.m.

Silent Meditation

30 min

Yoga Deck

11:00 a.m.

Yoga Basics

60 min

Yoga Pavilion

8:30 a.m.

Silent Meditation

30 min

Yoga Deck

8:30 a.m.

Full Body Strength Circuit

60 min

Movement Studio 2

8:30 a.m.

Minimalist Resistance**Training**

60 min

Movement Studio 2

2:30 p.m.

Functional Fascia

60 min

Movement Studio 2

9:00 a.m.

Garden Walk

60 min

Great Hall

10:00 a.m.

Yoga Basics

60 min

Yoga Pavilion

9:30 a.m.

Advanced Vinyasa 75

75 min

Yoga Pavilion

3:00 p.m.

The Second Brain

45 min

Lecture South

10:00 a.m.

Advanced Vinyasa 75

75 min

Yoga Pavilion

1:00 p.m.

Restorative Aerial Yoga

90 min

Yoga Pavilion

2:30 p.m.

Push/Pull Circuit

60 min

Movement Studio 2

3:00 p.m.

Garden Walk

60 min

10:30 a.m.

Forest Bathing

90 min

Yoga Deck

2:30 p.m.

Functional Fascia

60 min

Movement Studio 2

THURSDAY*May 6**3:00 p.m.***Forest Bathing***90 min*

Yoga Deck

*4:00 p.m.***Deep Relaxation***60 min*

Yoga Pavilion

FRIDAY*May 7**4:00 p.m.***Sensei Yoga Flow***60 min*

Yoga Pavilion

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

Yoga Pavilion

SATURDAY*May 8**2:00 p.m.***Getting Started with****Meditation***60 min*

Yoga Pavilion

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

Movement Studio 2

*3:00 p.m.***How of Habit Change***45 min*

Lecture South

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

Yoga Pavilion

*5:30 p.m.***Yin Yoga***60 min*

Yoga Pavilion

SUNDAY*May 9**3:00 p.m.***The Science of Breath***45 min*

Lecture South

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

Yoga Pavilion

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

Yoga Pavilion