

# our calendar

Welina mai me ke aloha! Our Daylife offerings are designed to immerse you in all the elements that make us who we are, focused on conscious living in harmony with our natural world.

## SEEDLINGS aloha camp

Private offerings of dynamic playful experiences. This camp is a hub of imagination and discovery, creating an environment where kids can simply be kids.

Daily | 9am-4pm



RESERVATIONS REQUIRED  
FOR AGES 6-12

## aloha hours

Tuesday-Wednesday, &  
Thursday  
10am-10:30am

\*Children must be  
accompanied by a  
guardian.

## ahiahi • evenings

NAPO'O ANA O KA LĀ  
SUNSET HULA ☀️  
Welina Terrace,  
Sunset time varies

KAUA'I'S MUSIC SCENE 🎵  
The Sandbox  
Mondays, 5pm-8pm

Welina Terrace  
Thursday-Saturday,  
5pm-8pm

## lāpule • sunday

**SUNRISE VINYASA**  
Beachside asanas linked  
with the breath.  
Meet at Anatomy, 6:55am-7:50am

**MYOFASCIAL RELEASE**  
Foam roller techniques to ease  
pain, relax muscles, and  
boost circulation.  
Hala, 8am-8:50am

**METABOLIC MELTDOWN**  
Plyometric training for  
maximum calorie burn.  
Hala, 3:30pm-4:20pm  
\*Unavailable 7/7

## SEEDLINGS

**'OHANA MOVES** 🌿  
Get the whole family moving and  
grooving with a fun-filled workout  
Hala, 11:30am-12:20pm, Age 5+

## 'ohana activity room

Indoor fun with games and  
activities. Visit concierge for details  
10th Floor  
Daily, 9am-5pm

## private 🧘 offerings

Daily, By Appointment  
Personalized consultations and  
guided trainings with a Body  
Architect. Stop by Anatomy or  
email our team at  
anatomy.hanalei@1hotels.com  
to book your session.

## pō'akahī • monday

**SUNRISE PILATES**  
Beachside mat-based class  
concentrated on control and flow.  
Meet at Anatomy, 6:55am-7:50am  
\*Unavailable 7/15; available as  
Sunrise Slow Flow on 7/29

**1 BEACH**  
Beachside movement session  
featuring the Albizia Gym.  
Meet at Anatomy, 7:55am-8:50am

**HULA, HAWAIIAN DANCE**  
Embody the island's  
cultural dance.  
Kaulu Hale, 8:30am-9:30am  
\*Unavailable 7/8 and 7/22

**LAU HALA  
BRACELET WEAVING** 🌞🧘  
Learn a new craft & the cultural  
tradition behind it.  
Kaulu Hale, 10am-11am, Age 8+  
\*Unavailable 7/8 and 7/22

**GLUTE CAMP**  
Leg workout for strength  
and definition.  
Hala, 11:30am-12:20pm

**THE PERFECT MAI TAI** 🍹  
Master the mixology secrets  
behind this drink.  
1 Kitchen, 3pm-4pm, Age 21+

**YIN YOGA**  
Guided restorative yoga  
for holistic reset.  
Hala, 5pm-5:50pm

## SEEDLINGS

**'OHANA NATURE WALK** 🌿  
Stroll amidst lush foliage and  
gentle ocean breezes.  
Seedlings Basecamp,  
10am-11am

**'OHANA LEI MAKING** 🌿  
Learn a new craft & the  
cultural tradition behind it.  
Kaulu Hale, 2pm-3pm

## pō'alua • tuesday

**SUNRISE SLOW FLOW**  
Beachside transitional asanas.  
Meet at Anatomy, 6:55am-7:50am

**KETTLEBELL FLOW**  
High intensity ballistic muscle  
workout.  
Anatomy, 8:30am-9:20am

**PHOTOGRAPHY HIKE** 🌞📷  
Learn tips for capturing  
breathtaking nature imagery on  
your iPhone or camera.  
Porte Cochère, 10am-1pm  
Personal transportation required

**MYOFASCIAL RELEASE**  
Foam roller techniques to ease  
pain, relax muscles, and boost  
circulation.  
Hala, 11:30am-12:20pm

**METABOLIC MELTDOWN**  
Plyometric training for  
maximum calorie burn.  
Hala, 3:30pm-4:20pm

**PRECISION PILATES**  
Mat-based class concentrated on  
control and flow.  
Hala, 5pm-5:50pm

## SEEDLINGS

**'OHANA MARINE LIFE MAGIC** 🌿  
An engaging and wondrous walk  
through our local tidepools.  
Seedlings Basecamp, 10am-11am

**'OHANA DESIGNED BY NATURE** 🌿  
A variety of crafts inspired by the  
ocean, mountains, and Kaua'i's  
natural beauty.  
Kaulu Hale, 2pm-3pm

## pō'akolu • wednesday

**SUNRISE VINYASA**  
Beachside asanas linked  
with the breath.  
Meet at Anatomy, 6:55am-  
7:50am

**HOT PILATES**  
Heated mat-based class  
concentrated on control and  
flow.  
Hala, 8:30am-9:20pm  
\*Unavailable 7/31

**GUIDED HIKE BEGINNER** 🌞🧘  
Follow the footsteps  
of a local expert.  
Porte Cochère, 9:25am-12:30pm

**BILL HAMILTON POINT  
OF VIEW** 🌞  
Talk story and epic surf tales  
with a surf legend.  
Neighbors, 10am-11am  
\*Available on 7/3 and 7/17

**SOUL SWEAT**  
Heated conscious bootcamp-  
style workout.  
Hala, 11:30am-12:20am

**TEQUILA + MEZCAL TASTING** 🍹  
Sample collections curated by  
our resident tequila expert.  
Welina Terrace, 3pm-4pm,  
Age 21+

**1 RESET** 🧘  
Sink into a cloud cushion while  
syncing to binaural beats.  
Hala, 5pm-6pm

## SEEDLINGS

**'OHANA NATURE WALK** 🌿  
Stroll amidst lush foliage and  
gentle ocean breezes.  
Seedlings Basecamp, 10am-11am

**'OHANA LEI MAKING** 🌿  
Learn a new craft and the  
cultural tradition behind it.  
Kaulu Hale, 2pm-3pm

## pō'ahā • thursday

**SUNRISE SLOW FLOW**  
Beachside transitional asanas.  
Meet at Anatomy, 6:55am-7:50am

**1 BOX**  
Intense cardio boxing workout.  
Hala, 8:30am-9:20am

**PRECISION PILATES**  
Mat-based class concentrated on  
control and flow.  
Hala, 3:30pm-4:20pm  
\*Available on 7/18 and 7/25

**PAINT AND SIP** 🌞🧘  
Watercolor workshop paired  
with wine.  
Kaulu Hale, 4pm-6pm, Age 10+

**KAUA'I TALK STORY**  
Inspired by the beauty of  
nature around us, join us for  
an engaging talk story.  
Neighbors, 4pm-5pm  
7/11: Friends of Kaua'i  
Wildlife Refuges  
7/25: Kaua'i Farmacy

**HAPPY HOUR SUNSET  
GOLF CART TOUR** 🧘  
Soak in the sunset and share a  
toast to the most spectacular  
views of the 18-hole Princeville  
Makai course.  
5pm

**SACRED SOUND SANCTUARY** 🧘  
Renew your spirit through sound,  
breath, and meditation.  
Hala, 5pm-6pm  
\*Unavailable on 7/4

## SEEDLINGS

**'OHANA MARINE LIFE MAGIC** 🌿  
An engaging and wondrous walk  
through our local tidepools.  
Seedlings Basecamp, 10am-11am  
\*Unavailable on 7/4

**'OHANA MOVES** 🌿  
Get the whole family moving and  
grooving with a fun-filled workout  
Hala, 11:30am-12:20pm, Age 5+

**'OHANA DESIGNED BY NATURE** 🌿  
A variety of crafts inspired by the  
ocean, mountains, and Kaua'i's  
natural beauty.  
Kaulu Hale, 2pm-3pm  
\*Unavailable on 7/4

## pō'alima • friday

**SUNRISE VINYASA**  
Beachside asanas linked  
with the breath.  
Meet at Anatomy, 6:55am-7:50am

**METABOLIC MELTDOWN**  
Plyometric training for maximum  
calorie burn.  
Hala, 8:30am-9:20am

**GUIDED HIKE BEGINNER** 🌞🧘  
Follow the footsteps  
of a local expert.  
Porte Cochère, 9:25am-12:30pm

**MINDFUL MOMMA FLOW +  
MEDITATION** 🧘  
Guided prenatal yoga promoting  
relaxation and connection with  
body and baby.  
Hala, 10am-11am

**GLUTE CAMP**  
Leg workout for strength  
and definition.  
Hala, 11:30am-12:20pm

**ROOTED IN NATURE  
MEDITATION JOURNEY** 🧘  
Let your senses come alive in this  
deeply restorative and calming  
immersive experience.  
Meet at Anatomy, 4:55pm-6pm  
\*Unavailable on 7/5

## SEEDLINGS

**'OHANA NATURE WALK** 🌿  
Stroll amidst lush foliage and  
gentle ocean breezes.  
Seedlings Basecamp, 10am-11am

**'OHANA LEI MAKING** 🌿  
Learn a new craft and the  
cultural tradition behind it.  
Kaulu Hale, 2pm-3pm

## pō'aono • saturday

**SUNRISE SLOW FLOW**  
Beachside transitional asanas.  
Meet at Anatomy, 6:55am-  
7:50am

**1 BEACH**  
Beachside movement session  
featuring the Albizia Gym.  
Meet at Anatomy,  
8:25am-9:20am

**SOUL SWEAT**  
Heated conscious bootcamp-style  
workout.  
Hala, 11:30am-12:20pm

**1 BOX**  
Intense cardio boxing workout.  
Hala, 3:30pm-4:20pm

**ALL AGES** 🌿  
Designed with families in mind, all  
ages welcome. Children must be  
accompanied by a guardian.

**TEEN-FRIENDLY** 🌞

**ADDITIONAL FEE AND  
NO-SHOW FEE APPLIES** 🧘  
A full no-show fee per person  
applies if not canceled at least 24  
hours before the start of the event.

Printed on 30% PCW paper



These popular offerings fill up fast, so please  
secure your reservations early; walk-ins can  
only be accommodated when space permits.  
While all offerings are subject to change or  
are condition-contingent, we can  
recommend many alternatives —  
rain, shine or rainbows!

**RESERVATIONS REQUIRED  
PLEASE SCAN QR CODE TO RESERVE**

## special events

### JULY 4TH

#### BUBBLES & BEATS

Enjoy bubbles, fun in the sun and summer beats.

*Kamani Cove, 10am-11am*

## huaka'i adventures

### GUIDED &

#### SELF-GUIDED EXPERIENCES

*By Appointment, Honoiki Beach*

*\*Excursions are weather and surf permitting*

### PADDLE UP

#### SURF LESSONS

#### SNORKELING

#### OUTRIGGER PADDLE CANOE TOURS

#### RIVER KAYAKING

### SHUTTLE SERVICE

Princeville to Haena

*Daily, 6:30am - 8:30am*

*Reservation required*

## golf & tennis club

### DRIVING RANGE

*Daily, Makai Golf Course*

### 18 HOLES AT PRINCEVILLE MAKAI

*Daily, 5am-8pm*

### SUNSET TOUR

*Monday-Friday,*

*By Appointment*

*Sunset time varies*

### PICKLEBALL

*Monday, Wednesday, Friday*

*9am (beginners only),*

*3pm (all levels)*

*Tuesday & Thursday,*

*3pm (all levels)*

## audi excursions

### DRIVE SUSTAINABLY

#### FORWARD WITH THE OFFICIAL

#### VEHICLE OF 1 HOTELS

#### TEST DRIVE

The fully electric Audi e-tron is available daily to explore the natural beauty of Kaua'i through our Audi Excursions.

*By Appointment, Reserve with Concierge*

### EXCURSIONS

Limahuli Garden & Preserve

Anaina Hou Community Park

Lydgate Farms Chocolate Tour

*By Appointment, Reserve with Concierge*

### HOUSE CAR

*Wednesday-Sunday, 9am-5pm*

The house Audi e-tron is available on a first come, first served basis from the hotel entrance for drop off service in the Princeville area.

## mālama · give back

### GIVE BACK TO THE COMMUNITY THROUGH PASSION AND PURPOSE.

#### WE CARE KAUA'I

Select from wildlife protection programs, coastal cleanups, trail and fish pond restorations, and taro patch remediation. Learn more via [WeCareKauai.org](https://www.wecarekauai.org)

#### SURFRIDER KAUA'I

#### NET PATROL AND BEACH CLEANUPS

*Days and Locations Vary*

Learn more <https://kauai.surfrider.org/events>

For details call 808.635.2593

#### FIELD TRIP WITH SHELTER DOGS

*Daily, By Appointment*

Share the love with pups who need it most. Visit

[kauaihumane.org/service/field-trips](https://www.kauaihumane.org/service/field-trips) to reserve your date.

#### PLEDGE FOR OUR KEIKI

Sign the pledge, a commitment to respect, care, and protect Hawai'i.

Browse our initiatives on [KanuHawaii.org](https://www.kanu-hawaii.org)

#### 4 OCEAN SELF GUIDED MARINE DEBRIS CLEAN UP

Leave things better than you found it as you explore Kaua'i's beautiful beaches. Ocean bags for marine debris pick-up available at Porte Cochère.

For activities, visit concierge or call 1-808.826.9644.

## kaua'i's premier activities

### HELICOPTER TOURS

Experienced pilots unveil Kaua'i's hidden wonders on this awe-inspiring aerial adventure.

### LŪ'AU

Experience captivating hula dances, lively music, thrilling fire-knife performances, and an authentic feast of Hawaiian flavors.

### CATAMARAN SNORKEL

Encounter dolphins, sea turtles, and tropical fish on this unforgettable day cruise.

### SUNSET SAIL

Choose between a leisurely sunset sail on Kaua'i's south shore or indulge in a delectable dinner cruise featuring breathtaking views of the majestic Nāpali Coast.

### ISLAND TOUR

Let local guides take the wheel as you explore Kaua'i's diverse beauty. View iconic locations such as Spouting Horn, Waimea Canyon, and Fern Grotto.

### NĀPALI COAST RAFTING ADVENTURE

On a high-speed raft tour, discover hidden sea caves and cruise alongside dolphins.

### KAYAKING

Paddle along the gentle waters of the Wailua River. Learn legends and discover Kaua'i's diverse flora and fauna from expert local guides.

### ATV ADVENTURE

Explore stunning ocean vistas and thrilling off-road trails on a guided ATV tour of Kaua'i's captivating terrain.

### FISHING

Cast your line from a local deep-sea fishing charter & experience the thrill as you reel in prized catches, including Marlin, Ono, Ahi & more.

### ZIPLINE ADVENTURE

Embark on a thrilling zipline adventure as you soar across tropical treetops, tumbling waterfalls, lush valleys, and even famous movie sites.

### SURFING

Paddle out and learn the Hawaiian art of surfing. Seasoned instructors provide group or private lessons.

### BOTANICAL GARDENS

Experience an oasis of biodiversity as you wander through lush gardens at one of Kaua'i's stunning botanical gardens.

### COMMON GROUND FOOD FOREST & DINNER EVENT

Explore regenerative farming with a working food forest followed by a plant based dinner experience.



# guiding your stay

july 2024

# 1

HOTEL  
*hanalei bay*

1HOTELS.COM/HANALEI-BAY  
@1HOTEL.HANALEIBAY