

# 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  
Mondays | 5pm-8pm



RESERVATIONS REQUIRED  
FOR AGES 6-12

## aloha hours

Saturday-Monday  
10am-10:30am

\*Children must be accompanied by a guardian.

## ahiahi • evenings

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

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

Welina Terrace  
Thursday-Saturday,  
5pm-8pm

BBQ & TUNES ☀️  
The Sandbox  
Every 2nd & 4th Friday  
5pm-8pm

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.

## lāpule • sunday

**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

**SACRED SOUND SANCTUARY** 🏠  
Renew your spirit through sound, breath, and meditation.  
Hala, 5pm-6pm  
\*Unavailable on 5/26

## SEEDLINGS

**'OHANA MARINE LIFE MAGIC** 🌱  
An engaging and wondrous walk through our neighboring tidepools.  
Seedlings Basecamp, 10am-11am  
\*Unavailable on 5/12

**'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 5/12

## 'ohana activity room

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

## pō'akahī • monday

**SUNRISE PILATES**  
Beachside mat-based class concentrated on control and flow.  
Meet at Anatomy, 6:25am-7:20am  
\*Available only on 5/6 and 5/13

**1 BEACH**  
Beachside movement session featuring the Albizia Gym.  
Meet at Anatomy, 7:55am-8:50am  
\*Unavailable on 5/27

**HULA, HAWAIIAN DANCE**  
Embody the island's cultural dance.  
Kaulu Hale, 8:30am-9:30am  
\*Only available on 5/20 and 5/27

**LONGEVITY**  
Integrations for pain-free movement and optimal function.  
Anatomy, 9am-10am

**LAU HALA BRACELET WEAVING** ☀️ 🏠  
Learn a new craft & the cultural tradition behind it.  
Kaulu Hale, 10am-11am, Age 8+  
\*Only available on 5/20 and 5/27

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

**GLUTE CAMP**  
Leg workout for strength and definition.  
Hala, 3:30pm-4:20pm

**YIN YOGA**  
Guided restorative yoga for holistic reset.  
Hala, 5pm-5:50pm  
\*Available only on 5/6 and 5/27

**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  
\*Available only on 5/7 and 5/14

**KETTLEBELL FLOW**  
High-intensity ballistic muscle workout.  
Anatomy, 8:30am-9:20am  
\*Unavailable on 5/28

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

**BREATH OF LIFE**  
Breathing techniques & posture alignment workshop.  
Hala, 1pm-2pm

**PHOTOGRAPHY HIKE** ☀️ 🏠  
Camera tips to capture the best shots on your adventures.  
Porte Cochère, 1pm-4pm  
Personal transportation required

**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

**SOUL SWEAT**  
Heated conscious bootcamp-style workout.  
Hala, 8:30am-9:20am  
\*Unavailable on 5/29

**BODY TEK**  
Dynamic movement session aimed to challenge from all angles.  
Anatomy, 9am-10am

**BILL HAMILTON POINT OF VIEW** ☀️  
Talk story and epic surf tales with a surf legend.  
Neighbors, 10am-11am  
\*Available only on 5/1 and 5/22

**MINDFUL MIXOLOGY MASTERCLASS** 🏠  
Indulge with intention as you craft delicious sustainable sips with 818 Tequila.  
Welina Terrace, 3pm-4pm,  
Age 21+

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

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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  
\*Unavailable on 5/23

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

**PAINT AND SIP** ☀️ 🏠  
Watercolor workshop paired with wine.  
Kaulu Hale, 4pm-6pm, Age 10+  
\*Unavailable on 5/2

**KAUA'I TALK STORY**  
Inspired by the beauty of nature around us, join us for an engaging talk story.  
Neighbors, 4pm-5pm  
5/2: Kauai Farmacy  
5/16: Kauai Bee Team  
5/23: Friends of Kauai  
Wildlife Refuges

**SACRED SOUND SANCTUARY** 🏠  
Renew your spirit through sound, breath, and meditation.  
Hala, 5pm-6pm  
\*Unavailable on 5/23 and 5/30

**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

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Get the whole family moving and grooving with a fun-filled workout class.  
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

## pō'alima • friday

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

**SOUL SWEAT**  
Heated conscious bootcamp-style workout.  
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

**BARRE-LESS SCULPT**  
Set to upbeat tunes, a mat-based class to strength the core, thighs, and glutes.  
Hala, 5pm-5:50pm

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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

**1 BOX**  
Intense cardio boxing workout.  
Hala, 7am-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

**CRYSTAL BALANCE + MEDITATION** 🏠  
Relax, recharge, and restore harmony through crystal energies.  
Hala, 5pm-6pm  
\*Available only on 5/4 and 5/18

**BARRE-LESS SCULPT**  
Set to upbeat tunes, a mat-based class to strength the core, thighs, and glutes.  
Hala, 5pm-6pm  
\*Available only on 5/11 and 5/25

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

Printed on 100% PCW paper

## private offerings 🏠

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



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 audi excursions

### LEI DAY COMPETITION

Welina Terrace | May 1st  
10am-2pm

### MAY DAY IS LEI DAY IN HAWAII

Cast your vote on your favorite garland designed by the 1's very own team members

### PHOTOGRAPHY SESSIONS

Savor the memories with a private photo session with your loved ones. Specializing in family, maternity, couples photography.

By Appointment, Reserve with Coral Photography on 4th floor

### MOTHER'S DAY 'OHANA BOUQUET MAKING

Gather your family and embark on a botanical adventure this Mother's Day!

Seedlings Basecamp | May 12th  
10am-11am, 2pm-3pm

## 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

## 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)

### 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

### 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](http://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](http://KanuHawaii.org)

### 4OCEAN

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.

## kauda'i's premier activites

### 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.

# 1

HOTEL  
hanalei bay

# guiding your stay

may 2024

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

For activities, visit concierge  
or call 1-808.826.9644.