



# guiding your stay

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.

## RESERVATIONS REQUIRED PLEASE SCAN QR CODE TO RESERVE

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!

## SEEDLINGS aloha camp

*By Appointment, Additional Fees*  
Private offerings of dynamic playful experiences. This camp is a hub of imagination and discovery, creating an environment where kids can simply be kids. Snacks and lunch are provided.

Daily | 9am-4pm  
Thursdays | 5pm-8pm



RESERVATIONS REQUIRED  
FOR AGES 6-12

## audi excursions

### DRIVE SUSTAINABLY FORWARD WITH THE OFFICIAL VEHICLE OF 1 HOTELS.

**Test Drive**  
*Daily, By Appointment*  
The fully electric Audi e-tron is available daily to explore the natural beauty of Kaua'i through our Audi Excursions.  
[Email to reserve your car.](#)

**Excursions**  
*By Appointment, Additional fees*  
[Email to reserve your car.](#)

Limahuli Garden & Preserve  
Anaina Hou Community Park  
Lydgate Farms Chocolate Tour

**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.

## huaka'i · adventures

**GUIDED & SELF-GUIDED EXPERIENCES**  
*By Appointment, Additional Fees*  
*Honoiki Beach*

Excursions are weather and surf permitting.

PADDLE UP

SURF LESSONS

SNORKELING

OUTRIGGER PADDLE CANOE TOURS

RIVER KAYAKING

## mālama · give back

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

**WE CARE KAUAI**  
Select from wildlife protection programs, coastal cleanups, trail and fish pond restorations, and taro patch remediation. Learn more via [WeCareKauai.org](#).

**SURFRIDER KAUAI · NET PATROL**  
*Wednesday, Location Varies*  
*3:30pm-5:30pm*  
For details call 808.635.2593.

**KAUA'I HUMANE SOCIETY**  
*Daily, By Appointment*  
Share the love with pups who need it most. Email [tanya@kauaihumane.org](mailto:tanya@kauaihumane.org) for details.

**PLEDGE FOR OUR KEIKI**  
Sign the pledge, a commitment to respect, care, and protect Hawai'i. Browse our initiatives on [KanuHawaii.org](#).

# happenings

february 2024

## lāpule · sunday

**1 DEFENSE**  
*Hala, 6am-7am*

**HOT VINYASA YOGA**  
*Hala, 8am-9am*

**SOUL SWEAT**  
*Hala, 10am-11am*

**TEQUILA + MEZCAL TASTING**   
*Welina Terrace, 3pm-4pm, Age 21+*  
*Available only on 2/18*

**PAINT & SIP**   
*Kaulu Hale, 4pm-6pm, Age 10+*  
*Available only on 2/18*

**YIN YOGA**  
*Hala, 5pm-6pm*

**NAPO'O `ANA O KA LĀ SUNSET RITUAL**   
*Welina Terrace, Sunset time varies*

## pō`akahi · monday

**KUNDALINI YOGA**  
*Hala, 7am-8am*

**LONGEVITY**  
*Anatomy, 8am-9am*

**HULA, THE ART OF DANCE**  
*Kaulu Hale, 8:30am-9:30am*

**YOGA SCULPT**  
*Hala, 10am-11am*

**LAU HALA BRACELET WEAVING**   
*Kaulu Hale, 10am-11am, Age 8+*

**THE PERFECT MAI TAI**   
*1 Kitchen, 3pm-4pm, Age 21+*

**SOUL SWEAT**  
*Hala, 5pm-6pm*

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

**NAPO'O `ANA O KA LĀ SUNSET RITUAL**   
*Welina Terrace, Sunset time varies*

## pō`alua · tuesday

**METABOLIC MELTDOWN**  
*Anatomy, 6am-7am*

**HERE COMES THE SUN (SALUTATION)**  
*Meet at Anatomy Desk, 7:55am-9am*

**COFFEE CURIOSITIES**   
*Welina Terrace, 10am-11am*  
*Not available on 2/20 & 2/27*

**BREATH OF LIFE**  
*Hala, 1pm-2pm*

**PHOTOGRAPHY HIKE**   
*Porte Cochère, 1pm-4pm*  
*Personal transportation required.*

**SOUND BATH**  
*Hala, 5pm-6pm*

**NAPO'O `ANA O KA LĀ SUNSET RITUAL**   
*Welina Terrace, Sunset time varies*

## pō`akolu · wednesday

**PRECISION PILATES**  
*Hala, 6am-7am*

**BODY TEK**  
*Anatomy, 8am-9am*

**SURF LEGEND BILL HAMILTON POV**   
*Neighbors, 10am-11am*  
*Available only on 2/21*

**MAHINA `ŌLELO HAWAI'I: HAWAIIAN LANGUAGE MONTH**  
*Kaulu Hale, 10am-11am*

**MYOFASCIAL RELEASE**  
*Hala, 3pm-3:30pm*

**TEQUILA + MEZCAL TASTING**   
*Welina Terrace, 3pm-4pm, Age 21+*

**SOUND BATH**  
*Hala, 5pm-6pm*

**NAPO'O `ANA O KA LĀ SUNSET RITUAL**   
*Welina Terrace, Sunset time varies*

## pō`ahā · thursday

**VINYASA YOGA**  
*Hala, 6am-7am*

**THE ART OF LEI**   
*Kaulu Hale, 10am-11am, Age 8+*

**GLUTE CAMP**  
*Hala, 3pm-4pm*

**PAINT & SIP**   
*Kaulu Hale, 4pm-6pm, Age 10+*

**YIN + SOUND**  
*Hala, 5pm-6pm*  
*Available only on 2/22 and 2/29*

**KAUA'I'S MUSIC SCENE**   
*Welina Terrace, 5pm-8pm*

**NAPO'O `ANA O KA LA SUNSET RITUAL**   
*Welina Terrace, Sunset time varies*

## pō`alima · friday

**1 DEFENSE**  
*Anatomy, 6am-7am*

**HOT PILATES**  
*Hala, 8am-9am*

**GUIDED HIKE BEGINNER**   
*Porte Cochère, 9:25am-12:30pm*  
*Personal transportation required.*  
*Not available on 2/23*

**METABOLIC MELTDOWN**  
*Hala, 3pm-4pm*

**SOUND + BREATH**  
*Hala, 5pm-6pm*

**KAUA'I'S MUSIC SCENE**   
*Welina Terrace, 5pm-8pm*

**NAPO'O `ANA O KA LĀ SUNSET RITUAL**   
*Welina Terrace, Sunset time varies*

## pō`aono · saturday

**GM'S PRINCEVILLE POWERWALK**   
*Meet at Porte Cochère, 6:55am-8:30am*

**1 BEACH**  
*Meet at Anatomy Desk, 7:55am-9am*

**1 DEFENSE**  
*Hala, 1pm-2pm*

**MYOFASCIAL RELEASE**  
*Hala, 3pm-3:30pm*

**SOUND BATH**  
*Hala, 5pm-6pm*

**KAUA'I'S MUSIC SCENE**   
*Welina Terrace, 5pm-8pm*

**NAPO'O `ANA O KA LĀ SUNSET RITUAL**   
*Welina Terrace, Sunset time varies*



RESERVATIONS REQUIRED  
PLEASE SCAN TO RESERVE OR VISIT  
[@1HOTEL.HANALEIBAY](https://1HOTELS.COM/HANALEI-BAY)

TEEN-FRIENDLY

ADDITIONAL FEE | NO SHOW APPLIES

*\*A full no-show fee per person applies if not cancelled at least 24 hours prior to event start.*