



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.

KAUAI HUMANE SOCIETY
Daily, By Appointment
Share the love with pups who need it most. Email 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'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

KAUAI'S MUSIC SCENE
Welina Terrace, 5pm-8pm

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

KAUAI'S MUSIC SCENE
The Sandbox, 5pm-8pm

NAPO'O `ANA O KA LĀ 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

KAUAI'S MUSIC SCENE
Welina Terrace, 5pm-8pm

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

pō'aono · saturday

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

KAUAI'S MUSIC SCENE
Welina Terrace, 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 HAWAII: 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



RESERVATIONS REQUIRED
PLEASE SCAN TO RESERVE OR VISIT
1HOTELS.COM/HANALEI-BAY
@1HOTEL.HANALEIBAY

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.