

# may 2025 • reservations required

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

Our licensed camp for children ages 6-12 years old is a hub of imagination and discovery, creating an environment where kids can simply be kids.

Seedlings Basecamp  
Monday & Friday 10am-1pm



RESERVATIONS REQUIRED  
FOR AGES 6-12

## ‘ohana activity room

Indoor fun with games and activities. Visit concierge for details. 10th Floor  
Daily, 9am-8pm

## evenings

**KAUA’I’S MUSIC SCENE** ☀️🌿  
The Sandbox  
Monday, 6pm-8pm

Welina Terrace  
Nightly, 7pm-10pm

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

**TEEN-FRIENDLY** ☀️  
Age 13+

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

**NO RESERVATIONS REQUIRED** 🌿

## sunday

**SUNRISE MOVEMENT**  
Oceanside blend of mindfulness, yoga Pilates and mobility.  
Meet at Anatomy, 6:55am-7:50am

**MYOFASCIAL RELEASE**  
Ease pain, relax muscles, and boost circulation.  
Hala, 9am-9:50am

**METABOLIC MELTDOWN**  
Plyometric training for maximum calorie burn.  
Anatomy, 10:30am-11:20pm

**SEMI-PRIVATE REFORMER** 🧑🏻  
Personalized Pilates session focused on strength & alignment.  
Hala, 1pm-1:50pm

**NATURE MEDITATION**  
Experience tranquility through meditation, Hawaiian legends, and nature.  
Hala, 3pm- 3:50pm

**YIN YOGA**  
Quiet the mind, relax the body for a physical, mental, and spiritual reset.  
Hala, 5pm-5:50pm

## monday

**SUNRISE MOVEMENT**  
Oceanside blend of mindfulness, yoga Pilates and mobility.  
Meet at Anatomy, 6:55am-7:50am

**DEEP MEDITATION** 🧑🏻  
Calm your mind through transformative deep meditation.  
Hala, 8am- 8:50am

**CORAL REEF TALK** 🌿🌿  
Brief intro to caring for our reef and sea creatures.  
Beach Activities Hale, 8:30am-9am

**‘OHANA MARINE LIFE MAGIC** 🌿  
An engaging and wondrous walk through our local tidepools.  
Seedlings, 8:30am-9:30am

**GUIDED HIKE BEGINNER** ☀️🧑🏻  
Follow the footsteps of a local expert.  
Porte Cochère, 8:45am-12pm  
\*Responsible for own transportation

**HULA, HAWAIIAN DANCE** ☀️  
Embody the island’s cultural dance.  
Meet at Kaulu Hale, 9am-10am  
\*Unavailable 5/19

**GOLF SWING CLINIC** 🧑🏻  
Private swing lessons.  
Makai Golf Course, 10am-11am

**HOT PILATES**  
Heated mat-based class focused on control and flow.  
Hala, 10:30am-11:20am

**LAU HALA BRACELET WEAVING** ☀️🧑🏻  
Traditional weaving of Pandanus leaves into wearable art.  
Kaulu Hale, 10:30am-11:30am  
\*Unavailable 5/19

**SEMI-PRIVATE REFORMER** 🧑🏻  
Personalized Pilates session focused on strength & alignment.  
Hala, 1pm-1:50pm

**‘OHANA LEI MAKING** 🌿  
Learn a new craft and the cultural tradition behind it.  
Kaulu Hale, 2:30pm-3:30pm

**GLUTE CAMP**  
Leg workout for strength and definition.  
Hala, 3pm-3:50pm

**MYOFASCIAL RELEASE**  
Ease pain, relax muscles, and boost circulation.  
Hala, 5pm-5:50pm

## tuesday

**SUNRISE MOVEMENT**  
Oceanside blend of mindfulness, yoga Pilates and mobility.  
Meet at Anatomy, 6:55am-7:50am

**KŪPONO E-BIKE TOUR** 🧑🏻  
Explore coastal trails, lush landscapes, native wildlife and the living stories of Kaua’i.  
Porte Cochère, 8am-10am  
\*Available 5/27

**PLANT STORIES OF HAWAI’I** 🌿🌿  
Tour the property and discover our native plants and their cultural significance. Meet at Welina Terrace,  
8:30am-9:30am

**MAT PILATES**  
Mat-based Pilates class concentrated on control and flow.  
Hala, 9am-9:50am

**BUBBLES & BEATS** 🌿🌿  
Poolside party with refreshing drinks and vibrant beats.  
Sandbox Lawn, 11am  
\*Available 5/20

**PAINT AND SIP- KEIKI EDITION** 🌿  
guided acrylic painting paired with hot-cocoa designed for keiki  
Kaulu Hale, 10:30am-11:45am

**SEMI-PRIVATE REFORMER** 🧑🏻  
Personalized Pilates session focused on strength & alignment.  
Hala, 11:30am-12:20pm

**METABOLIC MELTDOWN**  
Plyometric training for maximum calorie burn.  
Anatomy, 3pm-3:50pm

**THE PERFECT MAI TAI** 🧑🏻  
Master the mixology secrets behind this tropical cocktail.  
1 Kitchen, 3pm-4pm, Age 21+

**MYOFASCIAL RELEASE**  
Ease pain, relax muscles, and boost circulation.  
Hala, 5pm-5:50pm



## wednesday

**SUNRISE MOVEMENT**  
Oceanside blend of mindfulness, yoga Pilates and mobility.  
Meet at Anatomy, 6:55am-7:50am

**CORAL REEF TALK** 🌿🌿  
Brief intro to caring for our reef and sea creatures.  
Beach Activities Hale, 8:30am-9am

**GUIDED HIKE BEGINNER** ☀️🧑🏻  
Follow the footsteps of a local expert.  
Porte Cochère, 8:45am-12pm  
\*Responsible for own transportation

**VINYASA FLOW**  
Dynamic yoga flow linking breath to movement.  
Hala, 9am-9:50am

**COCONUT HYDRATION** 🌿🌿  
Hydrate with nature's original water bottle- a fresh young coconut!  
Sandbox Lawn, 10am  
\*Available 5/21

**BILL HAMILTON POINT OF VIEW** ☀️  
Talk story and epic surf tales with a surf legend. \*Available 5/21  
Neighbors, 10am-11am

**1 BOX**  
Boxing fundamentals and bag training for all levels.  
Anatomy, 11:30am-12:20pm  
\*Unavailable 5/21

**SEMI-PRIVATE REFORMER** 🧑🏻  
Personalized Pilates session focused on strength & alignment.  
Hala, 1pm-1:50pm

**1 DANCE**  
Latin dance and Pilates workout for a fun and fit experience.  
Hala, 3pm-3:50pm

**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-5:50pm  
\*Unavailable 5/21

## thursday

**SUNRISE MOVEMENT**  
Oceanside blend of mindfulness, yoga Pilates and mobility.  
Meet at Anatomy, 6:55am-7:50am

**1 BEACH**  
Beachside movement session featuring the Albizia Gym.  
Meet at Anatomy, 9am-9:50am  
\*5/22 Offered as Hot Yoga

**COFFEE CURIOSITIES** ☀️  
A chat on the history of mastering the perfect cup of coffee.  
Welina, 10am-11am

**NATURE MEDITATION**  
Experience tranquility with meditation, Hawaiian legends, and nature. Rain or Shine  
Hala, 3pm-3:50pm

**PAINT AND SIP** ☀️🧑🏻  
Watercolor workshop paired with wine.  
Kaulu Hale, 4pm-6pm  
\*Unavailable 5/15 & 5/22

**MOVEMENT AS MEDICINE** 🧑🏻  
Focused on elevating your mindfulness practice.  
Hala, 5pm-6:15pm

**‘OHANA LEI MAKING** 🌿  
Learn a new craft and the cultural tradition behind it.  
Kaulu Hale, 2:30pm-3:30pm

**MYOFASCIAL RELEASE**  
Ease pain, relax muscles, and boost circulation.  
Hala, 5pm-5:50pm

## friday

**SUNRISE MOVEMENT**  
Oceanside blend of mindfulness, yoga Pilates and mobility.  
Meet at Anatomy, 6:55am-7:50am

**‘OHANA NATURE WALK** 🌿  
Stroll amidst lush foliage and gentle ocean breezes.  
Seedlings, 8:30am-9:30am

**CORAL REEF TALK** 🌿🌿  
Brief intro to caring for our reef and sea creatures.  
Beach Activities Hale, 8:30am-9am

**GUIDED HIKE BEGINNER** ☀️🧑🏻  
Follow the footsteps of a local expert.  
Porte Cochère, 8:45am-12pm  
\*Responsible for own transportation

**1 MOBILITY** 🧑🏻  
Stability, mobility, and proprioception training.  
Hala, 9am-9:50am  
\*5/23 Offered as Vinyasa Flow

**GYM JUMP START**  
Beginner-friendly gym circuit for a full-body strength workout.  
Anatomy, 11:30am-12:20pm

**‘OHANA LEI MAKING** 🌿  
Learn a new craft and the cultural tradition behind it.  
Kaulu Hale, 2:30pm-3:30pm

**MYOFASCIAL RELEASE**  
Ease pain, relax muscles, and boost circulation.  
Hala, 5pm-5:50pm

## saturday

**SUNRISE MOVEMENT**  
Oceanside blend of mindfulness, yoga Pilates and mobility.  
Meet at Anatomy, 6:55am-7:50am

**1 BEACH**  
Beachside movement session featuring the Albizia Gym.  
Meet at Anatomy, 9am-9:50am

**TRUNK SHOW** 🌿  
Celebrate local creativity featuring Hawai’i-based artisans and designers.  
Goodthings, 9am-1pm  
\*Unavailable 5/31

**SEMI-PRIVATE REFORMER** 🧑🏻  
Personalized Pilates session focused on strength & alignment.  
Hala, 1pm-1:50pm  
\*5/24 Unavailable

**MAT PILATES**  
Mat-based Pilates class concentrated on control and flow  
Anatomy, 3pm-3:50pm  
\*5/24 Offered as Vinyasa Flow

**1 RESET** 🧑🏻  
Sink into a cloud cushion while syncing to binaural beats.  
Hala, 5pm-5:50pm  
\*5/24 Offered as Restorative Yoga

**WELLNESS & PRIVATE OFFERINGS** 🧑🏻  
**Touchless Therapies**  
Daily, by appointment  
Variety of sensory stimulation therapies designed to nurture balance, harmony, and tranquility. Sunlighten Infrared Sauna, Ocean Float Room, Somadome Meditation Pod and Hyperbaric Oxygen Therapy. Visit Bamford Wellness Spa (9th floor)or email bamfordspa.hanalei@1hotels.com to book your session.

**Vitality Kaua’i**  
Daily, by appointment  
Comprehensive treatments focused on longevity and vitality, ranging from IV therapy to medical aesthetics—including Botox, Fillers, Injections, Microneedling, Chemical Peels, and Sculptra. Visit Vitality Kaua’i (8th floor, inside Anatomy)or email info@vitalitykauai.com to book your session.

**Fitness Training**  
Daily, by appointment  
Personalized fitness consultations and guided trainings with a Body Architect. Advanced Metabolic & Body Analysis, Strength Training, Boxing, Myofascial Release, Pilates, and Pre/Post Natal Yoga. Visit Anatomy (8th floor) or email anatomy.hanalei@1hotels.com to book your session.