

INTRODUCTORY PACKAGE	CORE SENSEI PACKAGE	STRUCTURED PROGRAMS	
Discover Sensei Experience	Guided Wellness Experience	Rest and Reset Program	Optimal Wellbeing Program
package inclusions			
PRE-ARRIVAL			
• Design itinerary up to 30 days before arrival	• Design itinerary up to 60 days before arrival	• Design itinerary up to 60 days before arrival • WHOOP 4.0 wearable	• Design itinerary up to 60 days before arrival • WHOOP 4.0 wearable
GUIDE SESSIONS & ASSESSMENTS			
• Optional 30-minute Body Composition analysis or Functional Movement Screen	• My Intention session - Assess <i>body composition, functional movement screen, blood pressure and set goals</i> • Optional My Plan session - <i>Power actionable steps upon your return home</i>	• My Intention session - Assess <i>body composition, functional movement screen, blood pressure and set goals</i> • My Recovery session - <i>Assess heart rate variability</i> • My Plan session	• My Intention session - Assess <i>body composition, functional movement screen, blood pressure and set goals</i> • My Performance session - <i>Assess vertical jump, sit to stand, gait analysis, grip strength and Vo2 max</i> • My Plan session
1:1 PRIVATE SESSIONS			
• N/A	• Daily 1:1 (not on arrival or departure days)	• Three private sessions including a Sleep 1:1, Sensory Eating 1:1 & Mindful Movement 1:1	• Three private sessions including mindset, nutrition and fitness
SPA OR WELLNESS SERVICES			
• \$450 in nightly Wellness Credit per person	• \$150 nightly Spa Credit to use toward Sensei services • 20% off additional wellness services	• Two 90-minute spa treatments	• \$500 Wellness Credit to use toward spa treatments, island excursions and additional wellness consultations • 90-minute Thermal Body Mapping experience or featured massage
ISLAND ACTIVITIES			
• Wellness Credit applicable to select island golf and tennis activities	• N/A	• Access to the “Reframing Resistance” course at Lānaʻi Adventure Park	• Wellness Credit applicable to select island golf and tennis activities
POST STAY			
• N/A	• N/A	• Two post-stay calls with your Guide	• Two post-stay calls with your Guide
ALWAYS INCLUDED			ADDITIONAL PACKAGES
Early access to daily rotating wellbeing classes			Golf Optimal Wellbeing Program
Ongoing access to MyJourney, your Sensei portal to reference personal data reports			Tennis Optimal Wellbeing Program
Semi-private round-trip air transfers from Honolulu and transport to/from hotel			Sabbatical Experience
Transport to Four Seasons Resort Lānaʻi for beach access and dining			